

FEAR

A close-up, dark, and grainy photograph of a lion's face, roaring with its mouth wide open, showing its teeth and tongue. The background is black, and the lion's fur is dark and textured.

Barrier To Survival

Tim Cuttings

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FEAR

Barrier to Survival

Tim Cuttings AGBER

TimeXperts Publishing
Abuja, Makurdi, Gboko

timexperts@gmail.com

+2347065 777 888

FEAR – Barrier to Survival

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FOREWORD

Fear is a global phenomenon that is inextricably bound by human perceptions. For all the human advances in science and technology, the intangibles of life that validate our human experiences, are still relational ties that birth joy, love, happiness, envy, fear, hate and all the other emotions that humanize us.

With the globalization of the mechanics of mass murder and the wave of collapsing economies, fear has spread its harrowing talons into the souls of many nations and truncated the dreams and hopes of millions of lives across the globe. This has further underpinned the need to reevaluate the reasons why we fear to empower us to cope with the inexplicable turn of the tide.

Fear has held man in a fierce and relentless grip all through history. Thus man has developed a rich bibliography of fear. *FEAR – Barrier To Survival*, by **Tim Cuttings** is an engaging and seminal contribution to the understanding of this phenomenon and the corpus of good literature on this subject of eternal relevance.

This book stands out in its readability, seamless marriage of African mythology, biology, sociology and psychology in exploring this vast subject which imbues it with a narrative edge that borders on the philosophical.

The gory experiences of life and the travails that assail us daily can make life a very daunting challenge hence the author shares nuggets of wisdom that aids our cultivation of the imagination and dreams that lighten the human burden that we must beware.

This book is a treasure trove of information that readers of all hues would find informative, educative and ennobling, if they embrace the author's precepts on how to turn the fear factor into a weapon of human survival.

Professor Saint Gbilekaa

Chief of Staff

Government House Makurdi

13th April, 2012

PREFACE

In the stillness of this hour of poverty and suppression, the concept of survival of the fittest has come to terms of relevance in significant measures. However, survival as an everyday life process has relatively become so burdensome and seemingly impossible just as a result of fear.

We are all trying to live in an age of fast running changes with anonymous zest for peace and luxury. The move of dramatic change in scenes and science in the terrains of survival recently has not yet given room for a proper reshaping of moral structure that will regulate fear healthily to individual lives and the society.

The yoke of life oftentimes burdens men with the excesses of destiny and prerogatives of survival. In all human history, destiny is one of the few things everybody wants to wholesomely fulfill or attain, for which no man wants to suffer, and this is because of FEAR.

Although some people make it early in life, many great men struggle in life until heavy wrinkles accentuate their tired eyes and their faces bear the marks of men under great stress before their greatness is manifested.

Fear is an issue causing concern to a mortal man in this present dispensation. Many people unusually develop different fears such as fear of death, fear of been killed by somebody, fear of dying in poverty, fear of dying without achieving life's goals and individual set plans, fear of HIV/Aids, which I may not talk about in this book and fear of the future.

Sometimes it takes been lost before you can be found nevertheless; most people are lost out because of fear. Obviously, fear is so vexing and it has fussed anomalous permutations of human focus in the lives of many people.

Fear of death and failure in particular are responsible for frustration of feign fellows and malfunction of the total humanicality of most people. Having seen the humiliation fear can subject people to, I have conscientiously decided to put this work together in order to help men wriggle their way out of the mist of fear and breed success for a fulfilled life.

The inspiration or urge for this work first dawned on me in 1997. Incidences of people telling me to abandon this great work were all attempts to hinder the actualization of it. May 5th, 2005 I embarked on the conclusion of this work and writing of another book titled "Three Habits That Undo Great Men".

My inability to publish this book in 2005 led to mass publication of a good number of my works in different Newspapers and Magazines like The New Times (TNT), The Nigerian Voice, Frontline Newspaper, The Prime Newspaper, The Target Magazine and Agba News among others. I also made series of internet

publications on Yahoo, CNN and my web blogs on WordPress  WORDPRESS.COM, Livejournal  and Blogspot .

With due respect, I charge all Readers of this Book to read it with solemn diligence. The Book is philosophically, psychologically and sociologically inclined. As Readers graciously read on, it will bring reformation to their psychological and sociological deformations.

Mischief, misconduct and crimes in general, are all hinged on fear. Politicians rig elections because they fear that by legitimate voting, they will fail. In our contemporary generation, many students cheat in examinations because they are afraid that what they know may not be sensible enough to enable them pass, and otherwise. The Book mildly attempts solutions to problems that arise from fear.

Failure as one of a mortal man's greatest fears is not supposed to be what should make men quit; it ought to be what would help people build the very best of their goals and desires in life. Thomas Alva Edison (1847 – 1931) was once a stark failure but in the process of time, he became one of the greatest inventors of his century. Edison once admitted that "I tried everything", while working on his inventions. Failure became the unwished lifestyle of Edison when about 10,000 experiments with a storage battery failed to produce positive results. The man Edison courageously said, "*Why, I have not failed; I have just found 10,000 ways that it will not work*", and he persisted until he got a way out. He is now known in history as the inventor of electric light.

Life consists of a chain of happenings, which are classified under good and bad happenings however; wisdom is an ingredient that helps people pave way through a good life. Read this Book and gain more wisdom.

Tim Cuttings Agber

Author

4th April, 2010 AD

Bafoussam, Cameroon

ENDORSEMENTS

Tim Cuttings, best described as a wordsmith has produced a masterful piece that exposes the common enemy of humanity the world over FEAR. Come to terms with this work and you'll have a grip on life with better prospects as you confront and defeat the enemy of your survival.

More so, using a good blend of African mysticism and superstition in conjunction with real life experiences, Newspaper Columnist and Seasoned Author Tim Cuttings has brought to the table an excellent work on FEAR. But I am glad that this book is not fearsome but rather fear-proof, revelatory, enchanting and informative, you'd be glad you read.

Gideon Peter

Researcher

October 10th, 2010

Abuja

Any country without great thinkers, their world is but just a wilderness. Having great thinkers that can sit to think and bring out solutions to our terrible problems of life can make life more bearable, beautiful and satisfying. I had opportunity to speak with Tim Cuttings and he gave me a drafted copy of his work, and oh my God it was exceptional and I can boldly say, with great thinkers like Tim Cuttings Nigeria and the entire global community will never be a wilderness.

Kindly try to read this book and I promise you the solution for your problem will be found here, I found mine.

King Fazzan Ajo

President

Global Campus Insight Worldwide

May 1st, 2012

Johannesburg, South Africa

Fear, a good servant but a very bad master has sagaciously been brought to spotlight in pages by Tim Cuttings Agber, a Lecturer, Instructor, Corrector, Teacher and Reminder.

You may be a servant to this wicked master called fear when you resign a more profitable and rewarding appointment with bravery and take up a job with fear. As you read this book through, you will come to senses to learn, be corrected or reminded of the person fear and how to overcome him.

Though, man cannot so flawlessly live without fear, he (fear) is a different person when he is a servant and quite a different person when he is a master. Discover yourself and your relationship with fear so you will or can give him a new appointment in your life as your servant or master with Tim Cuttings as the Leader before you, if survival is to take place.

Mr Ihwakar Peter

Teacher

Universal Basic Education

August 8th, 2011

Vandeikya

"The things that threaten me never look but on my back for when they see the face of Caesar, they are vanquished" where the bold and fearless words of Julius Caesar in Shakespeare's '**Julius Caesar**' when he was said to be threatened by death. Though not everyone can react thus when threatened by danger, we must not be ruled by fear.

Fear like fire is a good servant but a bad master. Warriors have been known to wield and use its instrumentality to oppress and intimidate the enemy; and at the same time use it to spur their armies to victory. Fear is still used in such ways, as evidenced in Hitler's Germany and Mussolini's Italy in the 1940s. In contemporary times, national and international terrorism have found **The Fear Factor** a suitable ally everywhere they make a presence.

To all intent and purposes, fear can effectively rid a man of his destiny and leave him dispirited, eschewing the very life in him. It can do that much and more. Fear can cause ailments associated to all life functions; from musculoskeletal pains to neurodegenerative disorders. Those under such draconian scourge of fear may not respond to the approach of orthodox medicine. If the worst case scenario doesn't occur, yet – death – such persons may remain deprived of the very force and ebullience of life.

It is therefore imperative that man should live life free of fear. Different people have their separate fears such as: fear of the unknown, of the future, of failure, of change and of deprivation. One may not be obsessed with all of them but one. Of course that one is dangerous, deal with it, work on it and study Tim Cuttings' principles as faceted in this book, and other related materials and you will soon change it.

Though we live in a Darwinian World where *survival* is for the *fittest* and the *valiant* take it all, one must proceed carefully in life with all the circumspection he can muster. Sobriety is an indefatigable attribute of an achiever and discretion is the better part of valor.

Solomon Peter

Lecturer

Institute for Hospitality and Tourism

11th November, 2011 AD

Abuja - NIGERIA

As old as this fiend called poverty who has assaulted mankind for ages long, so also is the imp called fear. These two prototype devils have held the entire world in captivity and derision for too long. It is therefore for this purpose that **Tim Cuttings**, the man I describe as the greatest or messianic author of this generation has come out with this masterful piece to quell the calamities fear has brought upon the face of the earth.

Nostradamus, when he wrote to his son Cesar, he made him understand, in his own words "The key to the hidden prediction which you will inherit will be locked inside my heart". Obviously, it is no exaggeration to note that the world is fortunate to have Tim Cuttings who unlike M. Nostradamus has not locked the key inside his heart but has exposed it in pages of this great book: FEAR – Barrier To Survival.

Though, the author has crawled through the pains of researching and has finally stood on his feet to delve into minute traces of the relevance or advantages of fear; he has solemnly exposed fear to its skeletons and how to live above it with considerable ease in day after day life.

Wantor Espei Azakpe

Director, Finance and Administration, Radio Benue

Makurdi – NIGERIA

4th April, 2012 AD

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Authors and Publishers throughout human history have made it a custom or norm to be grateful only to those who in one way or another helped them to achieve their goal of publishing a book.

Therefore, it is not in the least likely that the greatest of norms or customs authors and publishers observe without being forgetful and careless of is that of acknowledging those that helped them in achieving their goal of publishing a lovely book.

I have made it an obligation, not only to myself but also to all authors and publishers to acknowledge, but with no traces of ostentation and disrespect, those who in one way or the other disappointed them.

The reason why authors are not disappointed is when they are disappointed. A man does not lavish his words when he speaks or writes for fear of being called a fool except when he toasts a woman or writes a love letter with the assurance that nobody is listening or will read the letter. So also, an author does not lavish his words when he writes for fear of being criticized or wrong except when he writes a page of acknowledgement with the hope of being appraised for being grateful.

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DEDICATION

I am obliged by prophetic centripetation to dedicate this malleable piece of work to **Pastor Joshua Emmanuel Unom** – The Founder and General Overseer of Revival Generation Assembly, Johannesburg, South Africa – for the tenacity of his uncompromising indemnification of execution of God’s divine orders to a mortal man in this end time.

The Pastor knows that human prophets are the vehicles of supernatural revelation but it is the divine origin of the scriptures that guarantee their value and trustworthiness; and that calls for his worth of the ***dedication***.

The world is living on pretense and people are helping it along but those who can change it are people who know who they are and whose lives are neither conceived by greed nor constituted by mimicry, certainly willing to pay whatever it costs to buy boldness than accept a provisional ownership of fear freely.

— **TIM CUTTINGS**

THE FEAR FACTOR

Introduction

Man has become a bird that has incubated eggs of diversifying thoughts that are never hatching and now that it has been proven, the hatching time is just hours away, it has sadly been discovered that the eggs will hatch Fear. Whether it is wiser to destroy the eggs or man, and whether the decision to do so can be taken by man, is the only thing left to be understood.

In search for clarity in matters of misty mysteries, it has come to knowledge that the eggs of diversifying thoughts have truly hatched fear and its siblings. The difficulty however, is not so great in bringing fear to extinction than harboring it. In any case, bringing this monster called fear under control is the better part of decision.

Fear is a subject, which has incontrovertibly been more misunderstood than conceivably any other in human history due to the fact that much of the confusion in the occurrence of the subject matter arise in the event of the complexity of transition of fear from psychological or emotional state of the human to the physiological, unchecked by reason.

Manifestly, in the realms of creation, the life cycle of a reptile like iguana starts with an egg after internal fertilization occurs. Mortal man has come to the realization by commonsense that breaking an egg by force results in termination of life but breaking the same egg at its hatching time results in creation of a life.

Comparatively, it is also in the realms of reaction and reality that when mortal man is struck with fear, it becomes a barrier to survival but if man fears at the right time and in the rational manner, it saves him from harm. This theory admits the fact that although fear is bad; it is to some extent relevant in precaution against certain dangers.

Any man with common sense will note that water is the medium for the sailing of a boat and it is the cause for its sinking when it gets into it, quite the same of this multifaceted phenomenon called fear.

Fear is the cause of civilization but when it gets its roots into man, it becomes a barrier to survival.

Obviously, there may be many reasons or causes for civilization however, as far as I am concerned, the one cause or reason, that raised the eminent sensation and plan of modernism, was fear. It was fear of poverty, suffering and the future that agitated the concerns and intellect of scientific and industrialization theorists to take actions, which resulted in discoveries, inventions, scientific and technological innovations.

What most people are always afraid of is what they don't understand; and when they don't understand, they turn to their assumptions, when their assumptions don't work, they begin to fear. Fear is a traitor of fools and intimidator of strong and wise men.

From post creature through the antediluvian period unto this generation and the very present century, fear has been one foe that deprives people of all races around the world of their victories, business progress, prosperity, freedom, long life, peace, knowledge, safety and promotion among others, in great measures.

Curtis Jackson and Robert Green (2009) noted that *"In the beginning, fear was a basic, simple emotion for the human animal. An animal that cannot let go its fears once the threat is gone will find it hard to eat and sleep"*.

When things happen, people wonder and when things don't happen, people begin to be afraid. Fear is one of the most debilitating emotions, which has a depressive effect that lowers one's normal level of thinking and acting.

Pragmatism, *which is the theory of truth in philosophy* states that something is true if it has practical relevance to human life. Anything that cannot be proven to have practical relevance to life should be discarded.

Consequently, due to the complexity of the subject matter, it is difficult to draw to conclusion whether fear should neatly be discarded completely or it should be mildly tolerated or entertained. However, I am of the opinion that whence and where fears pose to offer meaning or relevance to human life, it should be tolerated but when it stages risk against human soul, it should completely be discarded. All the same, it is virtually of paramount interest to wholesomely dispel the abnormal fear hence its relevance is not as much as its disadvantage.

People often think that fear is a destructive emotion. This is not entirely true. When we are afraid of things that truly threaten our security, such fear is protective. In fact, I would go so far as to say that man is fortunate to have learnt to fear certain things – or else, the human species would have been wiped out long ago, (Vaswani, 2006).

For purposes of lucidity and clear standpoint, I recommend fear only when necessary hence this is in consonance with scientific and philosophical modern thinking and also agrees with numerous experts and authorities in the subject matter. Obviously, without fear at all, human life would be a potential disaster itself.

A Sir Henry Welcome Postdoctoral Fellow Dr. Bernadetto De Martino and researchers at the California Institute of Technology in their study of two people with damage to amygdala that prevents them from feeling or recognizing fear asked this question: "But what if we have no fear?" They found that these

individuals were far more willing than healthy controls to gamble in the face of potential losses – and sometimes that turned out to be best choice anyway. Welcome Trust, (2010) noted "*But we do not need to have a certain amount of fear to stay safe, and the amygdala helps us to do that*".

Amygdala is a portion of the brain that decodes emotions, determines possible threat and stores fear memories.

Due to the constant transfer of information and triggering of responses by cells in the brain, there are various areas of the brain that fully or partially involve in fear, which are:

- *Thalamus*, which decides to send incoming sensory data, from eyes, ears, mouth and skin
- *Sensory cortex*, which interprets data
- *Hippocampus*, which stores and retrieves conscious memories, processes sets of stimuli to establish context
- *Amygdala* and
- *Hypothalamus*, which activates 'fight or flight' response

It is noteworthy that excessive intake of alcohol can cause a momentary damage to the amygdala creating fearlessness, which may lead to death or irrecoverable damage and danger.

In the thick darkness of looming horror, man must light the candle of terror, and though faintly shining his eyes will be swung widely open to gaze into the secret burrows of fear to feel and see the larger void and plains of reality, the converging point of all truth – and discover that fear is not real, when the secret of its grip is exposed.

Fear as scanned through its complexities and ambiguities is viewed on the stage of the art of thoughts as an opportunity. Those who lay themselves on the anvil to be hammered by the sledge of fear come out as cowards whereas; a man who has no opportunity to fear considers himself a brave man.

A renowned magician Ugabo once told a rich man – when he was consulted – that if he (the rich man) hangs two parakeets in a cage in his room, the *birds* would tell him everything he wanted to know about his future on daily basis. Immediately, the attention of a *birdhunt* expert (Dodo) was summoned by Gboko Adanyi, who was the rich man, to bring him two parakeets in a cage.

Without the trouble of questions, the expert went after his manner and ploy. He hung his cage in a forest by the riverside of *Lafa* and as his usual custom laid attractive bait inside the cage. The bait, which was Tiv African well blended traditional meal called *mumu* – the *mumu* here should not be confused to *mugu*, which is

Nigerian common term for "fool", it connotes (*corn tea* – fried powdered corn) – was a stuff made of fried guinea corn with a mixture of honey or sugar. It was renowned by irresistible aroma of deliciousness, a taste of sweetness and force of satisfaction both to men and animals.

On the seventh day, three parakeets came around the cage and one said "A hunter is watching us" and flew away. Two said, "Alas, there lieth food in an *unknown bird's nest* why deny ourselves a chance to go in and eat?" One of the two parakeets went into the cage and sat on the cross bar but nothing happened, the second went in after the same manner and nothing happened still. Suddenly, when they touched the food (the *mumu* bait), the hook of the coverlet slacked and the door closed.

Dodo Aswe brought the *birds* to the rich Adanyi and collected his wages. A lad was hired who fed the parakeets day after day but one of them (the parakeets) said "It was food that trapped us into this cage and lo, it will be food that will kill us if it be mixed with poison". Therefore, that Parakeet did not eat any food that was given to them for the *fear* of been killed by poison on the food.

Tragically, after some days, the bird died but the other one continued to feed fat until after three months that no word came out of its mouth, the owner out of anger flung it out with the cage and the Parakeet went happily to the bush.

Definitely, *Fear* not poison killed the other fellow Parakeet, and certainly that is how men kill themselves due to fear of situations or things that do not even exist.

If you are conceived of human parents, you are human (John, 1987). The assertion John Noonan made, whether it was in the case of crime of abortion or racism, it is applicable in the perspective of fear as well. If a man's thoughts are conceived by fear, that soul of man will be full of it and his actions will be nothing other than fear.

In the realms of survival, be sure that it is not you that fear, but only your body hence that man whom your outward form tells is not yourself; the courage or brave mind is the true self and virtually not the physical statue, which man can point out by his fingers.

Over the years, man has sought the wisdom to define the margin between darkness and light but has not come to anything yet. Quite as much, man has struggled to find the demarcation between fear and boldness yet, the more difficult it becomes due to the complexity of this utopic crude phenomenon called fear.

However, I am of the assertion that the margin between light and darkness is dimness whereas the demarcation between fear and boldness is caution.

By the reason of circumstances, if man is not able to stay in the light, let that soul of man stay in the dim instead of darkness and be sure that he faces light and backs darkness. It is better for light to shine on a man's face that he can see and be seen than at the back where he cannot see. Those who see his back will scorn him that hey this is a shameful man.

Comparatively, if man for the reason of feebleness cannot be bold, let that soul of man take caution instead of fear and be sure that he faces boldness that even if he is pushed by circumstances at the back, his falling is sure but he will fall in boldness and men will fear him – that this man is strong. At worst however, if he is pushed in the face, he can see the hand that pushes him and even if he falls in fear, he will face boldness, which will rejuvenate his courage.

Most battles are lost in the mental realm, as your mind is the battlefield in every conflict of life, (Oyedepo, 2008). Bishop David Oyedepo's assertion is true and quite considerable in the face of fear. When the worse get to worst by exception, man may make his mind a battlefield for fear and bravery however, not a war camp for fear. Even if we seem to have no control over certain issue in connecting fear, we can allow our minds to be a one-way traffic road fear will pass to other destinations. We must not allow our minds to be a terminus or station where fear has to stop and stay.

DEFINITION OF FEAR

It is almost impossible to have a uniform or singular definition of fear. Different people, authors, philosophers, psychologists, sociologists and thinkers have defined the term and concept fear, in different perspectives. One thing is difficult, and that is to determine which of the definitions is most acceptable; and realistic in all conditions or situations of fear.

Fear may be defined based on personal philosophy, experience or accustomed incessant assessment and examination in event of fearful condition. Although, there are common terms used in definitions of fear; there are still dynamic or at least minuscule disparities.

Filippo (1994) asserted that fear is a general term for the anxiety and agitation felt at the presence of danger.

According to Rachman (1990) fear describes feelings of apprehension about tangible and predominately realistic dangers.

Fear is a poison that quickly circulates through the entire system, paralyzing the will, producing queer, and sometimes causing unhealthy

conditions like ulcer, acidity and fainting fits. Fear is a great foe of man. It must be uprooted before it overpowers you! (Vaswani, 2006).

Fear is a chain of reaction in the brain that starts with a stressful stimulus and ends with the release of chemicals that cause a racing heart, fast breathing and energized muscles, among other things, also known as the fight-or-flight response, (Layton, 2005).

Fear is a virtual condition of abstract inward perception of caution towards a risk or danger, whether it is real or imagined.

Obviously, fear is a virtual condition of abstract inward perception of caution, and sensation of absence of boldness that illiteracizes a person of grand victory and prospects of winning; inculcating defeat illusions, which may never come through but effective when believed.

This definitive assertion implies that a man theoretically feels anxious about a *thing* or *condition* and he loses boldness, which apparently makes him ignorant about the truth of how harmless the *thing* is or how successful he would have passed through *the* condition.

Some philosophers have deemed fear to be a useless emotion; other thinkers reckon the relevance of fear as a warning of potentially unpleasant situations or consequences. A frightened person feels his energies drain away by apprehension of a real or imaginary danger, which adversely affects his physiological working, and he eventually becomes depressed, degraded, dwarfed and waxed weak.

Fear may be described in philosophical way, physiological, sociological and general ways, nonetheless it is difficult to ornately describe fear in scientific terms due to its subjective nature of the different experience. Fear is a universal phenomenon and exists in different types, which could be based on race, country, environment or other factors.

DEGREES OF FEAR

People respond differently in the conditions or event of fear. A particular type of fear that is perceived by an individual and the accustomed social response to fearful situations may affect how a person could respond to a certain threat. Fear inside a person has different degrees and varies from one person to another. If not properly harnessed, fear can eventually lead to social problems. People who pass through problematic situations or experience intense fear have been known to commit irrational and dangerous acts, such as suicide, homicide and genocide among other carnages.

It is proper to note that the degree of fear cannot be detected or measured using scientific instruments, but by using the principle of the level of fear experienced. Fear can be described by different terms in accordance with its

relative degrees. A number of words denoting or describing the respective degrees of fear include distrust, paranoia, terror, facial, anxiety, phobia, horror, test anxiety, worry, fright, dread, existential anxiety, panic disorder, and general anxiety disorder among others.

Distrust

Distrust may be viewed as a pre-fear abstract inward perception of caution towards a person, an idea, object or natural phenomenon. This is a period of warning before the actual fear begins. In addition, distrust is a lack of faith or belief, described as a warning feeling towards something questionable or unknown.

The term distrust may also be considered as a negative conception and lack of belief of efficiency in puissance, sapience and working of a person, an idea, object or natural phenomenon, although as a *prefear* factor, it has a dangerous degree of exertion on human mind that leads to total degradation.

Mase Emmanuel in his verbal definition of distrust, (July 2006) stated that "*Distrust is an inward feeling of a negative impact*", this calls to mind the fact that distrust has everything to do with negativity and ipso facto, it is a degree of fear, which is irrationally promiscuitive and has to be properly tamed, by nurturing confidence in the realms of thoughts to grow conviction and boldness.

Paranoia

This is a term used in describing a lunacy of fear relative to a false perception of being persecuted. This perception always causes one to change his usual behavior in radical perspective, and in the process of time, his behavior may become extremely compulsive.

In the original Greek, *παράνοια* (paranoia) literarily refers to madness (para = outside; nous = mind). In psychiatry, the term paranoia was used by Emil Kraepelin to describe a mental illness in which a delusional belief is the sole or most prominent feature.

Terror

Terror as another degree of fear is a pronounced state of fear, which is an overwhelming sense of imminent danger. When someone becomes overwhelmed with a sense of immediate danger, thus terror engulfs the person to the point of making irrational choices and nonconforming or non-typical behaviors. It is evident that terror is another high degree of fear that threatens personality and mystifies one's prospects of venture.

Facial

In the facial degree of fear, it can be observed that one's eyes widen and the upper lip rises, when in the grip of fear. The brows draw together and the lips stretch horizontally. The speech is imprecise and it takes longer to think through what one wants to say in any given situation. Eyes tend to get wide when one has fear, out of anticipation for what will happen next. This is also another degree of fear that portrays an abstract posture of fear in facial manifestation.

For instance, two female foreigners, Monica and Lovina in Mayor-Darle Cameroon Republic were good friends. Manu (not Manu Dibango) was Monica's boyfriend. Monica traveled to Bafoussam to return on Friday but due to some hitches returned on Thursday and caught Lovina in hot romance with Manu.

Lovina's eyes widened and her upper lip rose, awfully trying to convince Monica that all was well and to excuse herself of her mess and misdeal. The facial transmission of fear was a proof to Monica that something was wrong.

The above analogy is simply about the facial symptoms of fear and the instance in which it occurs just for clarity.

Anxiety Disorder

This may be referred to as a complex combination of negative emotions that include fear, apprehension and worry; and is often accomplished by physical sensation such as palpitations, nausea, chest pain or shortness of breath.

Anxiety is often described as having cognitive, somatic, emotional and behavioral components. Seligman, Walker and Rosenham, (2001).

- 1 The cognitive component entails expectation of a diffused and uncertain danger
- 2 Somatically, the body prepares the organism to deal with threat, known as an emergency reaction.
- 3 Externally, somatic signs of anxiety may include pale skin, sweating, trembling and pupillary dilation.
- 4 Emotionally, anxiety causes a sense of dread or panic and physically causes queasiness.
- 5 Behaviorally, both voluntary and involuntary behaviors may arise directed at escaping or avoiding the source of anxiety.

These behaviors are frequent and often maladaptive, being most extreme in anxiety disorders. Nevertheless, anxiety is not always pathological or maladaptive; it is a common emotion along with fear, anger, sadness, and happiness, and it may have a very significant function in relation to survival.

Howbeit, that does not excuse the fact that anxiety is a degree of fear that is concentrative and may be disparaging of positivism or general moral standards.

Blanton, (2006) revealed that *"Anxiety is the great modern plague. Thousands upon thousands of people either destroy their lives or frustrate them – all because of their preoccupation with anxiety, worry and fear"*.

According to Weiten and Lloyd (2003) *anxiety disorders are a class of psychological disorders marked by feelings of excessive apprehension and anxiety*.

Anxiety disorders are classified into four major disorders, which are:

- Generalized Anxiety Disorder
- Panic Disorder
- Obsessive-Compulsive Disorder and
- Phobic Disorder

Generalized Anxiety Disorder

Generalized anxiety disorder is a common chronic disorder that affects twice as many women as men and can lead to considerable impairment. As the name itself implies, generalized anxiety disorder is characterized by long lasting anxiety that is not focused on any particular object or situation. In other words, this is unspecific or free-floating sense of the mind that a man is anxious but for what he is anxious about is undefined.

The generalized anxiety disorder is marked by a chronic, high level of anxiety that is not tied to any specific threat, (Weiten & Lloyd, 2003).

People with this disorder feel afraid of something but are unable to articulate. They fret constantly and have a hard time harnessing their perturbs. As a result of persistent muscle tension and automatic fear reactions, they may develop headaches, heart palpitations, vertigo and insomnia.

The physical complaints, combined with the intense long-term anxiety make it difficult to cope with normal daily activities and survival.

Panic Disorder

A panic disorder is characterized by recurrent attacks of overwhelming anxiety that usually occur suddenly and unexpectedly. These paralyzing attacks are accompanied by physical symptoms of anxiety. After a number of anxiety attacks, victims often become apprehensive, wondering when their next panic will occur, (Weiten & Lloyd, 2003).

In panic disorder, a person suffers brief attacks of intense terror and apprehension that cause tremor and shaking, dizziness and difficult breathing. One, who is often plagued by abrupt bouts of intense anxiety, might be said to be afflicted by this disorder.

Even though, panic attacks sometimes seem to occur out of nowhere, they generally happen after frightening experiences, prolonged stress, or even exercise. It has become evident that many people who have panic attacks especially their first one think they are having a heart attack and all come back normal, the person will still fret with the physical manifestations of anxiety only reinforcing their fear that something is wrong with their body. Extreme awareness of every little thing that happens or changes with their body can make for a stressful time.

Obsessive-Compulsive Disorder

According to Margaret (1999) *whereas obsessions focus on persistent thoughts, compulsions focus on persistent actions.*

An Obsessive-Compulsive disorder (OCD) is marked by persistent, uncontrollable intrusions of unwanted thoughts (obsessions) and urges to engage in senseless rituals (compulsions). Obsessions often center on fear of contamination, inflicting harm on others, suicide, or sexual acts. Compulsions usually involve stereotyped rituals that temporarily relieve anxiety, (Weiten & Lloyd, 2003).

Obsessions are besetting thoughts, which incessantly interfere on a man's consciousness in an upsetting manner and compulsions are imperative actions one carries out as a result of psychological obligation.

Phobic Disorder

Definitely, there are series of assertions on phobic disorders and phobia. Rapee and Barlow (2001) asserted that *phobic reactions tend to be accompanied by physical symptoms of anxiety, such as trembling and palpitation.*

In phobic disorder, an individual's troublesome anxiety has a specific focus. A phobic disorder is marked by a persistent and irrational fear of an object or situation that presents no realistic danger, (Weiten & Lloyd, 2003).

For the sake of clarity the term Phobia, in the context of degrees of fear is deemed with reputable gravity of bedevilment and behavioral distortions. Phobia simply means fear, but in this perspective of degrees of fear, it connotes a category of fear, which involves a strong, irrational fear and avoidance of an object or situation.

Obviously, People with phobic disorders have especially, powerful imaginations so they lucidly anticipate terrifying consequences from encountering such feared objects as blood, long or high bridges, closets, dead bodies or certain animals. These individuals generally recognize that their fears are excessive and unreasonable but are unable to control their anxiety in general.

There are three main types of phobic disorders:

Agoraphobia *This is a disabling fear of being in situations where escape would be difficult. People with agoraphobia are afraid of situations such as traveling on a bus, being in a crowded restaurant and leaving home, (Margaret, 1999).*

Some people don't attend public functions as a result of this wanton disorder known as agoraphobia. Weiten and Lloyd (2003) observed that *agoraphobia is a fear of going out to public places (its literal meaning is "fear of the marketplace or open places")*.

Because of this fear, some people become prisoners confined to their homes, although many can venture out if accompanied by a trusted companion, (Hollander, Simeon & Gorman, 1999).

This fear of places where escape might not be easy or where help might not be readily available if something bad happens has marred daring spirits of many who would have been flamboyant business tycoons or societal bourgeois.

Social Phobia Fear of encounters with other people. Social phobia includes love- shyness, etc. Contritely, people with this phobia experience intense fear of being pessimistically evaluated by others or of being publicly embarrassed because of spontaneous acts.

People who have a social phobia are excessively afraid of social situations, whereas they are afraid that they will do something embarrassing, (Margaret, 1999)

Leary and Kowalski (1995) also noted that *people with social phobia are preoccupied with the possibility that someone will be evaluating them.*

Those with social phobia, their fear of public scrutiny and potential humiliation become so pervasive that normal life can become impossible.

Specific Phobia This is fear of a particular thing or situation, such as snakes, public speaking, heights or the sight of blood.

Existential anxiety

Psychologists like Sigmund Freud and Theologians like Paul Tillich have characterized anxiety as the reaction to what Tillich called, "The trauma of nonbeing". That is, the human comes to realize that there is a point at which they might cease to be (i.e die), and their encounter with reality becomes characterized by anxiety.

Religion, according to both Tillich and Freud, then becomes a carefully crafted coping mechanism in response to this anxiety since they redefined death as the end of only the corporal part of human personal existence, assuming an immortal soul.

Test or Examination Anxiety

This is another degree of fear with significant gravity as one division of anxiety, in the fear factor. Test anxiety is the uneasiness, apprehension, or nervousness felt by students who have fear of failing an examination. Students suffering from test anxiety may experience any of the following:

- Feeling a loss of control
- The association of grades with personal worth
- Embarrassment by a teacher
- Time pressure and
- Fear of alienation from parents or friends among others

Emotional, cognitive, behavioral and physical components can all be present in test anxiety. Racing heartbeat, sweating, headaches, dizziness, fidgeting and as well drumming on a desk are all common. An optimal level of arousal is necessary to best complete a task such as an examination; notwithstanding, when the anxiety or level of arousal transcends that optimum, it results in a decline in performance.

Students that contract and attain this degree of fear are affected so much in terms of their performance. Even what they know, they feel it is wrongly conceived and if they write they may fail.

If time had permitted the coercion of this sub-subject matter's siblings into it properly, it would be a broad-spectrum brand of anxiety. Of course, it is, especially when we make mention of arithmophobia, which is the fear of mathematics, or numbers. There may be or are so many reasons that have arisen the anxiety over mathematics one of which – especially in our end as Africans – could be that the Western Education has not given us clarity over the importance of mathematics and its practical comprehensive useful application in our side of human situation and daily activities, probably because of language problem. For instance, the term and symbol π (JI) has no interpretation and

therefore is difficult to understand, leading, as a result, to anxiety or fear of arithmetic.

Though it is coherent that witchcraft cannot be discarded, mankind has blown its activities to be inherent in the pinnacle of human thoughts that its shadow has appeared in the mirror of reality as covering the helms of human affairs however; we must collectively quell out this germ quite as fast as we ignore other nonchalant superstitions.

— TIM CUTTINGS

No passion so effectually robs the mind of all its powers of acting and reasoning as fear.

— EDMUND BURKE

COMPONENT OF FEAR

There is virtually no point nurturing high anticipations in the comprehension of what the component of fear connotes hence about every authority in the subject matter says almost the same words to how fear is constituted. However, component of fear in this regard refers to the different factors that constitute fear and there are basically three components of fear. These components do not often correspond with each other. It is therefore relevant when discussing fear, to identify which component of fear is being described, if it is not based on generality of the fear factor.

The three components of fear are:

- 1 *The subjective experience of apprehension*
- 2 *Associated psycho-physiological changes, and*
- 3 *Attempts to avoid or escape from fearful situations, (Rachman, 1990).*

It is proper to note that an individual's ability to control a possible threatening situation will have an impact on his experience of fear. The ability to muddle through threats varies with age of a man and these changes have a tendency to be reflected in the allotment of fears.

Psychological research has demonstrated that fear can be acquired either through a conditioning process or by sensational experience. The conditioning theories postulate that fear is a learned response occurring to conditioned stimuli that have in the past been followed by situations of unconditional stimuli.

Filippo (1994) noted that "*Conditioning can cause fear; it also can be used to reduce or extinguish some fears by the use of systematic desensitization. Fears that are acquired vicariously are believed to be developed by observing fear in others*".

It is certain that attitudes and behaviors can be developed by observing others however; it can also be by using the psychological technique of modeling other people's appropriate behavior. Whereunto, fearful attitudes and behaviors can also be changed in the same manner.

Moreover, Freud's psychoanalytic theories have attempted to associate the origin of fears to various developmental issues from a person's childhood. He postulated three possible origins for the development of fear in human beings.

First, fear can be developed in an infant by the absence of a significant individual whose presence and help were important for the fulfillment of the child's needs.

Secondly, the loss of love or the disapproval of an important person in the child's life could facilitate the fear in the child.

Thirdly, the fear of castration, intense shame and unhappiness associated with the oedipal phase could be the genesis of fear both in males and females. (Freud,1946).

Invariably, an individual can develop fear as a result of guilt. To deal with a threat, fear and or anxiety, Freudian and neo-Freudian psychoanalytic theories apply the concept of defense mechanism later called repression, which may be employed by an individual to guard against internal and external stimuli that might invoke fear and anxiety.

This type of defense could be expected to be used when there is a psychologically unacceptable situation that the individual may be confronted with. Subsequently, based on psychoanalytic theory, the defense mechanism of denial or illusion may be employed to overcome the threat, fear or anxiety. In denial, an individual when faced with a threatening situation will conjure up ways to avoid the issue by denying its existence or possibility.

Illusion on the other hand is the creation of scenario that guards the individual from confronting an unacceptable situation by creating, in most cases an acceptable concept. As an example, when dealing with the fear of dying and death, the use of illusions or repression are made by some people to create and maintain a belief in immortality or by repressing the consciousness of their mortality and eventual death.

Analogous with this thinking, Freud considered religion to be an illusion created particularly to overcome human fears. Freud's psychoanalytic theories associated with fear generally seem to provide an acceptable general theory of fear in modern thinking.

However, I disagree with Freud's view that "Religion is an illusion created particularly to overcome human fears" for good reason. Religion is instrumental to the overcoming of human fears.

Types of Fear

It is certainly difficult to logically stipulate a summed up number of types of fears. Howbeit, a simple truth is that there are different types of fears.

Considering types of fear effectively, there may or not be necessarily thinking of race, age, geographical locations, religion or education however factors such as universal fear can be put to consideration. Significantly, the idea of the universal fear is supported and broadcast by reputable sources like NBC. The popular NBC's "Fear Factor", also projected on DsTV, offers a weekly \$500,000 prize to the contestants who can perform tasks like sticking head into a box filled with spiders and eating a blended rat smoothie.

While there may be, or are “Universal Fears”, there are also types of fears that are peculiar to individuals because there are individual differences and more so that we cannot completely discard the influence of religions, geographical regions, communities and cultures in respect to types of fears. These help in logically suggesting types of fears.

Although, in the United States, a Gallup poll was conducted in 2005, and it revealed that the most common paramount fears of teenagers are about ten, which are:

- Fear of terrorist attack
- Fear of spiders
- Fear of failure
- Fear of war
- Fear of heights
- Fear of crime and violence
- Fear of being alone
- Fear of the future
- Fear of nuclear war. It is however noteworthy that there are very

numerous types of fears elsewhere. Research has shown that the most peculiar types of fears entertained by people include fear of death, which is a universal fear, fear of being killed by somebody and so on.

Fear of Death

Essentially, the reality of death is so debilitating and vexing, but in actual fact it is supposed to make us to live our lives in a more meaningful way. Everybody is afraid to die and the reason for being afraid to die however varies based on personal concept of death or afterlife.

For instance, one of the greatest inventors of the 18th Century, Thomas Edison (1847 – 1931) once in his later life had the fear of dying. Edison was not a religious man however; he believed in *Supreme Intelligence*. He once pointed out to a friend that although he was known around the world as a great inventor, he could not create the simplest form of life. This made him bother about what life is and how a man comes to existence. The question of life after death now spellbound Edison so greatly.

In his later years, he told newspaper reporters several times that he was working on a device, which will be very sensitive that if truly there is life after death, it would pick up the evidence. Actually, if any model of such a machine was ever developed as Edison claimed, it was not found in laboratories anywhere.

Weiten and Lloyd (2003) observed that *because death is a taboo topic in modern Western society, the most common strategy for dealing with it is*

avoidance. There is abundant evidence of American's inability to confront death comfortably.

Death has become so abhorrent and tabooing that man is indefatigably working to circumvent even a mention of it by euphemistically adorning it with words, names or phrases with the heaviest of hopes to avert its dread. For instance, when a man dies there are such idiomatic and euphemistic phrases or words as: *call to glory, passed away, home call, gone too soon, painful exit, yes Lord, transition, celebration of life, glorious exit, bye-bye, on the Lord's bosom, early departure* and all what.

A 1970s business mogul detested death so much as renaming it abomination, in his words [*Kwaghdang*]. A limestone miner once asked "Could it be because of so much of wealth this Gboko Mayor had that he was afraid to die?" The answer given him is not quite important to make mention to this regards. What is however significant is that even if we call *death LIFE*, it will still not change its reality.

It doesn't matter if you are rich, powerful or influential, you will still die. This calls to mind the fact that even if you are Poor, Illiterate, Educated, Senator, Governor, Professor, Barrister, Farmer, Medical Doctor or whatever, you may still die! What is difficult to guess about death however, is who next will die, when, where and how he will die. Big ones like Sanni Abacha, Yese Araphat, Napoleon Bonaparte, Muamar Gadafi, Idi Amin Dada and the like are an instance of reference.

The fact that we have to face death individually makes people to find it so terrifying. This philosophical view implies that even if you are surrounded by millions of people when you are dying, you must still pass through death by yourself alone.

In human experience of dying and death, mortal man has no iota of power to decide in dying and the events of afterlife. This makes it imperative that there would be an expectation of some fear associated with the eventuality of a mortal man's experience, in this perspective.

Apparently, it has become so lucid that if an individual is prepared to die, has a sense of mastery over his dying and some insight into what may follow death, dying and death may never be so fearful. After all, death is not even the worst that can happen to a man.

It is most unfortunate that people are not given the mandate or opportunity to choose, decide and order when, where and how to die. This factor however accounts to the calamity of men who are afraid to die and more or less promiscuiting. The life we live has no timetable like school examinations and this is the zilch of cowards.

Death is surrounded by many encumbrances that make people fret with many questions such as:

- What will it feel like when you die?
- Where will I go to after I die?
- Will I still meet my enemies who have already died?
- Will the afterlife be as chaotic and painful as this life?
- Who will inherit my properties, and so on.

Well, I have never died before, you have never died before either and therefore, we don't know what actually to expect. The fear of death is a universal phenomenon and for it to be harnessed, everybody needs to live his life to God who is the creator of it.

It was at noon when it dawned on the hearts of men, the issue of survival, in what is now modern day Ageva. Whether one would survive the day was something left to be understood however, the concept of death was firmly grounded in confirmable facts. One of which was made obvious through the scorching heat of the sun that overwhelmed men who were already weak with despair. This scorching heat of the sun was completely different from any other day ever experienced and it was so hot that human understanding could not explain, leaving people with a puzzling message of the uncalled visitation of death.

Hours of afternoon rolled by and the evening came with the sun shimmering its magenta beams of terror, soon to give way to maniacal darkness of the night of doom to close in upon the terrains of Ageva and its inhabitants.

Suddenly, a man called *Tortya* (Warlord) saw a misty figure coming, one like gibbous not in the sky but on the road across River Be. Slowly but steadily he ascended a hill onto which Lord Tortya's house was situated with a cool breeze pleasantly blowing but horribly felt. Reminding the folk in the softest of tone and heard with fear, that Death has arrived and yet leaving no one with the hope of escape.

Tortya made it an obligation to welcome visitors and treat them well whether they were for good or bad missions. He cordially but grudgingly received Death and asked the wife to prepare a meal for Mr. Death to eat before proceeding on his journey.

Hanive, Tortya's wife was a woman with snubbed nose and ballooned cheeks but the best cook in that whole village. The woman prepared a delicious meal that Death would have been disappointed if his appetite did not justify him to eat. The most

attractive pounded yam passionately pounded and chicken gracefully prepared in its most delicious splendor. Pounded yam is a traditional major meal and most favorite among the Tiv tribe of Benue in Nigeria. Significantly, it is the official meal prepared with *Nyamkyegh* (chicken meat) or *Nyamtoho* (bush meat). It is gradually becoming or has become a traditional or official meal for all Nigerians these days.

Usually, it was not common for Death to partake of such meals but in this case, the aroma of the stew compared him with the strongest of the meal's spirit to eat a meal that was not intended to be a bribe but one of hospitality. When Mr. Death ate of this meal, the soul of slumber beckoned on him to sleep. And when he was asleep, Tortya came and opened the register that contained the names of those who were marked for death ranging from one to one hundred. The Mayor asked for a pen and canceled his name and cunningly wrote it on the last row.

Astonishingly enough, with the wagging of Mr. Death's legs it became obvious, and no one needed to be told that he was about to wake up. Parakeets began to squeal, owls to howl with the moon spinning and behold, like a fiery lightening swung the eyes of Death widely opened. Death stooped up in a most graceful posture and the fear of dying saluted Lord Tortya and he wished that the scene could be summarized into a mere dream.

Tortya's good works attracted the attention of Mr. Death and he passed his judgment by saying that Lord Tortya's name was first on the list of those he marked for destruction but that he is not going to die, hence his good works of hospitality. Death decided that only one person will he kill in a whole year and that as Tortya's name is the first on the list, he will start his cruel execution from the last name to the first. Apparently, Tortya's attempts to avoid death according to his mortal wisdom became a gallows for the hanging of his life.

Some die without having really lived, acting life instead of living it as though they were on a stage while others continue to live, in spite of the fact that they have died. In the words of William Shakespeare, "*Life is a stage where everyone must play a part*". Shakespeare also rightly observed, "*Cowards die many times before their death*".

Burton once noted, "*The fear of death is worse than death*". What a man fears most is what besets him fast. Therefore, we do not need allow ourselves to

be threatened by the appearing of the shadow of death compelling us to run into death itself.

Death abides the things that mankind has so much love for but casts its shadow on the things that mankind has abhorred most. Death traps us through things we love most, the same things for which we are afraid to die.

Remember that death is coming for everyone someday and no one has been told when it will come. It is noteworthy that death is inevitable and even more enigmatic is its uncertainty however; to overcome its fear and the better for it when it comes you need to be kind to your friends and be as generous as you can. Don't deny yourself a single day's happiness. When you are happy, you live longer and if death comes you will not fear. If there is something you want to do and it is lawful, go ahead and do it.

Human beings are like leaves on a *deciduous* tree. New growth takes the place of the fallen leaves. While some of us die, others are been born.

Taylor (1955) revealed that *deciduous means "falling off at maturity" or "tending to fall off", and is typically used in reference to trees or shrubs that lose their leaves seasonally, and to the shedding of other plant structures such as petals after flowering or fruit when ripe. In a more specific sense, deciduous means the dropping of a part that is no longer needed, or falling away after its purpose is finished. In plants it is the result of natural processes.* The essence of bringing Gause's assertion on deciduous and any other that may follow is for us to get in clear terms the analogy of the deciduous trees shedding their leaves in relation to life and death.

Linzey (2008) opined that *deciduous trees decrease chlorophyll pigment production allowing other pigment present in the leaf to become apparent, resulting in non-green colored foliage. The brightest leaf colors are produced when days grow short and nights are cool but remain above freezing.*

During the shading season of a deciduous tree, foliages or leaves become yellow; a color that proves they are ready to fall down. However, a yellow leaf does not fall, until wind blows and when a leaf becomes yellow, preparatory to falling it should remind the other freshly green leaves that they are also going to pass through that too.

Moreover, green leaves do not fall off because of wind, unless photosynthesis restricts them the usual chlorophyll pigment production then they become yellow before their falling; but if they will definitely fall, it is due to disastrous gale. All the same, yellow leaves do not ordinarily fall off because of weathering out unless wind blows across.

Whether this asserted analogy is complex, its simplification is that hence men are born, they grow to reach a time of death not necessarily because of age as man has the belief of premature death. A man may be a year old or 100

years old but it is when death comes to him that he dies. More so, there are agents of death, what I rightly call "soldiers of death", we find them in persons of sickness, poverty and disasters among other faces they wear.

Consequently, death exposes the ultimate frivolity of a life devoted only to the pursuit of wealth and power, (Agber, 2007). Wherefore, living a life of good works unto God and humanity instead of pursuit of wealth and power can make us feel comfortable even in the face of death.

Regardless of how appalling death is and will be, it is an advantage to many people hence suicide is condoned by those who commit it. **No matter how long a stone stays in the water, it does not become a fish.** Therefore, if fish would become as lifeless as stones, it is not the stones that will kill them but something else will make them stop living.

Quite as much, man must know that death stays with us as long as when we were born but we cannot become as lifeless as it. Even if we will die it would not be death that will kill us but some other cause. Therefore, the element of commonsense must awaken the sensation in us to know that fear of death is not necessary despite its reality and stay with mankind.

Fear of Been Killed By Somebody

Death, the absence of life in living things has been the most prominent thing that is undesirable to experience.

The number of graves in this nation or the entire globe is now gradually becoming more than the number of residential houses. This is as a result of wars agitated by land disputes, HIV/AIDS and crimes – to say nothing of poverty and prevalent maladies. Apparently, everyone is afraid to die, so but the fear of death itself is conversely not so great, as the fear of been killed by somebody.

The solemnity of this misconception has gone to a point that even when old persons die, it is not believed that it's as a result of old age; arguments are made that there have been other people much older who are still living. In the same approach, it is believed that no one dies as the result of sickness, for there have certainly been other people who recovered from the same malady or never contracted it at all.

It has ever been a very serious issue; even in this modern age, that when a person dies, it is believed somebody killed him and for that very fact, the wheel of the fear of been killed by somebody is habitually gyrating. Sometimes past, villagers of Mamdapura, Aurad, in India were living in the fear of being killed by practitioners of "*Banamati*", which they said was black magic.

The fear became an encumbrance of the highest order in the village, when three people suddenly died on October 11th 2005. Howbeit, some indigenous experts put forward that "*Banamati*" is a false belief that has not been proven.

People claiming to be affected by "Banamati" may only be suffering from psychological disorders or may be trying to pretend being sick in order to gain sympathy.

I describe the fear of been killed by somebody as an anti-progress, anti-unity, anti-love and pro-hatred or pro-jealousy factor that has bewildered nations all over the world.

In our villages, whoever is humiliated by poverty to become dirty and whoever is very old is deemed to be a wizard or witch and he or she becomes an object of suspicion, (Agber, 2006).

For instance, a young woman died in *Tsar* Vicinity and according to doctors' report, she suffered HIV/AIDS and died. When she was to be buried, June 26th 1999 there was a serious argument that some elderly men killed the girl. The fallacy about the girl's death transited to a cold war, one that was not officially declared but is ongoing amongst the people till date.

Again, in July 1989, a man – who oftentimes came to my father for counsel over certain issues and financial help – committed suicide in *Ayati* Metropolis. The report of this unconventional event saturated the whole village in a short time, and according to the wife of the deceased, the husband was indebted to some people who daily perturbed him until he could not find a way to pay the debts; he then drank a draught of hemlock (*Atapiapia*) and died. When the villagers converged, they argued that a magician performed some incantations against the man to make his heart a little worse than that of a mad man and that is why he drank poison and died.

The trite concerns of the natives were all about finding protective measures against the illusive wizard they claimed would kill them also. And to them (the villagers), it was a paradigm everyone was to imbibe in order to withstand the scourge of witches and survive, which seemed so erroneous. This could be deemed as an integral strategy to execute vengeance on individual enemies. It was and will be a progress retarding permutation that if harbored will bring man and the world in general at the threshold of total downfall.

Two anklets were found in the stomach of a crocodile shot by a European. The natives recognized the anklets as the property of two women who, sometime before had been devoured by a crocodile. At once the charge of witchcraft was raised, for this quite natural occurrence, which would never have aroused the suspicions of a European. It was given an unexpected interpretation in the light of one of those presuppositions. The native said that an

unknown sorcerer had summoned the crocodile and had bidden it to bring him the two women. The crocodile had carried out the command; but what about the anklets in the beast's stomach? The natives maintained that crocodiles never ate people unless bidden to do so. The crocodile had received the anklets from the sorcerer as a reward, (Jung, 1933).

Death only took place, it was thought as the result of diabolical interventions. The concept of natural death has little or no place in the psychology of primitive man, (Eric, 1973). It is proper even to note that it's not only with the primitive man but also with the modern man.

The existence of witchcraft cannot be discarded however; it is contemptible that even religion is momentarily building a belief system where man would be stuck on the belief that when somebody dies, Satan, Demons or some sabotaging and adversarial bodies must have killed him.

Though it is coherent that *witchcraft* cannot be discarded, mankind has blown its activities to be inherent in the pinnacle of human thoughts that its shadow has appeared in the mirror of reality as covering the helms of human affairs however; we must collectively quell out this germ quite as fast as we ignore other nonchalant superstitions.

Incidentally, the cardinal focus of either incantations or prayers in *voodoos* or *basilicas* now has swiveled from improvement of life or giving thanks to God and social supplications to anomalous *vengeance* or binding and casting of devils; and at its best sloganning for prosperity all alike.

This *superstition* has gone so far that even medical doctors are now beginning to be afraid that somebody, not sickness will someday kill them.

It is most unfortunate that the fear of been killed by somebody is a heretical negative phenomenon that has been passed down to a modern day man.

Obviously, fear of been killed by somebody has been passed down to this generation by the forefathers, which been as a result of the family orientation passed successively to offspring.

Most people give their families a very negative orientation. They make their children and close relatives believe that the world exists at the mercies of witches and wizards and even the entire livelihood of mankind depends on them.

For example, there once lived a sojourner in Ayati metropolis whose name was Paregh Adaga. He was fond of often telling his people stories about people's death and how others mystically or magically killed them.

One day Mr Adaga attended the burial ceremony of the son of one Ukari Manor Nyua and on coming back he alleged that Ukari

was previously sick and the only condition to survive the sickness – given to him by witches – was to kill his son in his place.

The wife immediately questioned “Every man loves his children, and can any man truly kill any of the children he loves?” Yes, Adaga answered. Be it as it may, Paregh was soon to be sick.

After few years, the man Paregh Adaga was sick to the point of death. Shimenenge, Adaga’s wife told everybody in the house that Paregh was sick and he could kill any of them to sacrifice for witches to allow him more days on earth. Everyone in the house traveled out, waiting to hear news of Paregh’s death before they come back.

It was only Shimenenge, the wife who was left at home with Adaga. However, she tried all possibilities to avoid going close to her husband for the fear of been killed by him to survive his sickness. After few days, Mr Paregh Adaga, an influential personality in that community died.

Adaga had many more years to live, but died – as his friend Pine Injô said – prematurely as a result of the bad orientation he gave his family. His untimely death was because he had nobody to take proper care of him when he was struck down with fever, which was the commonest treatable ailment.

With probably single exception of religious affiliates, many people with all the level of civilization even in this contemporary world still recognize *death* as the result of sickle-cell as the only natural death. Yet, other people do not even view death as a result of sickle-cell, death in battle, shot by armed robbers or hired killers, suicide, earthquake, bomb blasts, accident and sickness to be natural; with regard to the view that if someone dies even in a battle, a sorcerer is responsible for the man’s death.

It is definite that ideas like such are not exclusive to only primitive people alone but also modern man as earlier stated. Unfortunately, this phantom is not in consonance with survival and development. In actual fact, provided that the enormous mass of tribes around the globe continue to wallow in the idealism that life is harnessed by witches, wizards or magicians, a broad-spectrum fear of been killed by somebody and the unknown will abide as a steady issue of everyday life.

This type of fear can be controlled only if we all accredit death to God or deem it a natural mania. For whatever cause and in whichever way a man dies, it should simply be admitted that, that soul of man has come to its end and this will help us rule out the fear of been killed by somebody.

If it is true that when somebody dies, a sorcerer or another person is responsible for it; and incidentally, people who are said to be the witches or

sorcerers are most afraid that they would be killed by somebody, then they should stop killing their fellow human beings, seeing that it is painful to be killed by somebody.

No one can unmistakably point at somebody and say, "this is a witch or wizard" and of course, people who are often said to be witches deny with all traces of seriousness that they are not.

This rude idea should not be ossified completely. Whether or not it is true that when someone dies, another is responsible for his dying, death has to be deemed like hunger. Everyone is hungry, but not everybody is hungry at the same time. Therefore, death can only come to anyone at any time and when it comes, it should be taken that no one is responsible for it, thence we can survive or live better lives with one another.

Fear of Dying Without a Male Child

For fairly fables, flinging from fear of dying without a wife, husband or child, fear of dying without a male child has secured its dwellings in the thought of many people. Hateful to her husband is the woman who was most loved for the effulgence of her charming beauty, mildness and value, to whom it is not granted by God to bear a male child.

If there is anything that shakes the foundations of many marriages, it is not unfaithfulness but the fear of dying without a male child and this is one of the factors that give rise to polygamy, maltreatment or assassination of women who are not blessed with a male child, abuse of marriage and general misconceptions about a female child among others. Whether the above assertion is from the world view or the African perspective, one is allowed to interpret.

The maize of the fear of dying without a male child grows from the soil of our wandering thoughts but its watering for growth comes from two sources: either from the rains of wealth and power or poured from a water can of insipid weariness and poverty.

This is true of the mind of wealthy and powerful men who have no male children and see no one in the world worthy of taking over from them after death. A man who is so perfect and powerful that he sees no man around him good enough to inherit his property will suffer from this fear without remedy.

This is also true of the mind of a man weakened by despair and poverty that he thinks he is unlucky in life and is running out of time. As a fish is trapped in a net, zithering with no hope of escape, so is a poor man who is trapped down in his mind of circumstances and conditions that he has no hope of escape and the fear of dying not in poverty but without a male child who will continue to push life ahead with the expectation that by an event of time and luck there would be such achievements, which will put his name at the helm of fame.

Centuries ago, there once lived some defenseless birds known as Dodos in three islands in the Indian Ocean, and settlers came and wiped out the defenseless creatures. Scientists discovered in 1977 that there used to be beautiful calvaria trees growing on the Dodo's native island, which depended on the same dodos to survive and only 13 of the calvaria trees were remaining in existence.

People use the name of the extinct dodo bird to speak of someone with a worthless, foolish and stupid character.

Essentially, the bird was not stupid although its friendly approach made visitors – to the Mauritius Island off the coast of Africa – to think that it was dumb.

Hunters started their war on these dodos in 1581 and it is believed that the birds were last seen about a hundred years later – in 1681. The birds were gray in color having a 50-pounds (50lb) lumpy body, outrageous clump of curly feathers as a tail, hooked beak and big legs. Discovery scientist called the dodo walghvogels, which means disgusting birds.

The more hunters or settlers tried to make meat of these dodo birds, the more it was difficult. This was just because of one reason that **the longer the flesh was cooked, the less the meat became soft and revolting.**

I brought the story of the Dodos in order to organize a lesson in the school of our spirits. There are virtually many lessons to learn from the story but I want us to learn just two.

- 1 Take the Dodo's meat or flesh as Fear: As strange as it is that the longer you cook the dodo's meat, the less it becomes soft, so also it is that the more or longer you fear a thing the more it decorates itself with more faces of anomalous fears
- 2 There are things we don't want or desire them around us – the purpose for which may be good or bad – not knowing that without such things a very beautiful part of life or living will be faced out. It is clear that the reasons either that the hunters wanted dodo's meat or settlers hated its presence. One thing is sure that by the extinction of the Dodos, beautiful calvaria trees supposedly used for civil constructions, beautification and medication were also extinct.

Apparently, many people especially in Africa and Asia don't want female (Fe-Male) children; they want male (-Male) children whom they feel will become heir to their heritage. We should no more be in doubts that by extraction of Fe, which is like the dodo, certainly (Male) will be wiped out.

The transition from goals of life into achievements will always be smooth if we do not put in agenda provisions for failure in the form of dependence on who will inherit our failures or even bundles of prosperity – as is to some people. If we don't plan and live our lives or pursue life's goals well, whether it would be given that we should have been the father of Adam, Noah or even the today's Bill Gates we will still discover the empty space of discontentment and frustration.

The mist of this has perplexed the sight of many people however; religion through Christianity has proffered a sparkling light of solution to this trauma of the fear of dying without a male child. The language of it might be harsh in the ears but smooth in the mind that it is God who gives a male child and therefore, man has no point to be afraid if only God is trusted.

Dimension of Fear

Experiencing fear ever now and then is a normal part of life. However, living with chronic fear can be both physically and emotionally debilitating. Living with an impaired immune responses and high blood pressure causes malady, and refusing to participate in daily activities because you might be confronted with accidents or social interaction does not make for a very fulfilling life.

The cause of fear can vary to a surprising degree. In the 19th Century Britain, one of the biggest fears was of dying poor, un-mourned, and possibly ending up on an anatomist's dissection table.

By the early Twentieth Century, this had given way to a fear of being buried alive, to the extent that those who could afford it would make all sorts of arrangements to ensure this would be avoided (e. g. glass lids for observation, and breathing pipes for survival until rescued). During the Second World War (WW II), fear of death by bombing was much prevalent than during World War I, even though many more bombs fell; air wardens would complain out of great fear that civilians continue to gossip on street corners instead of taking shelter.

The reality of death dawns upon us individually and instead of us to live our lives in a more meaningful way, we then turn to begin to ponder over the unpredicted future and its misfortunes. We sometimes find difficult to agglutinate our diverse idealisms and wandering thoughts and when it becomes impossible to reconcile them with the possibilities for survival; it subsequently becomes a cause for our fear; and definitely, we become appalled.

Having problems may not be so bad, and giving thought to how the problems come is as well, very good. What is bad is when people start to under-valuate their abilities to cope up with the problems they have. This makes them to be psychologically downtrodden, but it will be wise to note that as is the way in, so is the way out, therefore, the problems that come in must go out.

Undervaluation of one's abilities to cope with problems may cause for a great deal of fear.

It is improper to ossify the seeming truth of **fear** (**F**alse **E**xperiences **A**ppearing **R**real). Although, everyone is afraid; that does not acquiesce to the fact that fear is bad and not an acceptable trait. For whichever cause of fear and whatever reason for it; it doesn't make any true meaning being afraid. Been afraid of death for example, does not stop you from dying. Gbile, (2004) interrogated that "*If you are afraid of death, when will you not die?*"

Whether the world believes with Charles Darwin or the Holy Bible about the creation of man, man is man and he was created with the instinct of dominance and sagacious power of taking preeminence over the creation.

— **TIM CUTTINGS**

THE ISSUE OF SURVIVAL

Human life is like a troubled sea, swept by the typhoon of fear and circumstances. While on the windward and the lee, hangs heavy clouds of laxity and negative feelings. However, over the deep man must hear a call like Basilica bell's inviting voice telling him that hope has come. If we therefore, believe in ourselves – although in human life man's goals and plans are often overtaken by events. In any case, with the pen of zeal and determination, we will write the reversal of human chaos toils that make men useless and – we will live to change the face of history.

Man is so engrossed in imitations that are a limitation and a prelude to failure so much that he cannot escape been enmeshed into the chastisement of believing that life begins with a cry and ends with a cry.

Although, in 2004 Dr Mike Brown of the California Institute of Technology announced the discovery of a tenth planet called *Sedna*, which he claimed is more than 84 billion miles or 134 billion kilometers from the Sun, we do not mind hence it is already established that there are nine planets: The Sun, Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto, and *Sedna* has not yet been certified.

With prospects for peace and perfection in the creation of the world even to think that the whole planets of the universe apart from the earth were made so perfect that mention of their glories was not even significant. But that of the earth it is said: *"In the beginning God created the heavens and the EARTH. The earth was **WITHOUT FORM**, and **VOID**; and **DARKNESS** was on the face of the deep. And the Spirit of God was hovering over the face of the waters. Then God said, "Let there be **LIGHT**"; and there was **LIGHT**. And God saw the **LIGHT** that it was **GOOD**; and God **DIVIDED** the **LIGHT** from the **DARKNESS**".*

Earth, the most convenient and prosperous planet started formlessly and void but it ended up with a unique definition, a perfect shape and LIGHT, therefore a man's life starts with a cry, and as men would say ends with a cry but that of a great man must not end with a cry but gratitude and celebration. There is a Tiv proverb: [*Ka we ya ican (ichan) u mase tor; tor ka una vande ken a we u mase ican*] meaning that when you start life in poverty you end it up luxuriously like a king but when you start life like a king, you end it up in paucity.

Neither Gold nor Crude Oil are mined in the sky up high, but underneath the crust of the earth dirtily below, and Gold is refined that from rubble it becomes the most treasuring mania of the world that no king nor man has ever abhorred himself so much as hating it.

No wonder, the Satan we scorn and deride today with all manner of disgusting descriptions and words to whom every evil and cruelty is attributed started as LUCIFER, THE MORNING STAR. Whoever starts life well and in a luxurious way should watch it well and whosoever starts life in calamity and poverty should not discard the fact that life must end in glory and greatness.

Given the opportunity to advice the world, I would submit that man must make his life an institution of sagacious struggles as a fittest being to survive, remain survived and live life instead of just existing or acting it. Survival can start well but if not well checked and followed, it may sink into mediocrity.

Many men of the world are running their lives on the fear of risk and calamity. The friction of troubles on the mind of man has made him find himself in a catatonic trance that he knows what is happening to him and how to survive but prefers sitting and complaining.

Life does not give anybody what he deserves but what he demands. This statement is always said and is known by almost everybody but it should be better said that "God does not give anybody what he worth but what he works for".

These all agree with what the Holy Book says *"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened"*. Matthew 7:7-8 (NKJV)

The flamboyant mafia V (1991) observed that "The world is living on pretence. Help it along". Nevertheless, V's observation is either biased or has outrageous negative side effects. Although his notion may not be discarded completely, it still lacks a positive perspective or offers a point of limitation that partially disagrees with my assertion, which holds "The world is living on pretence and people are helping it along but those who can change it are people who know who they are and whose lives are neither conceived by greed nor constituted by mimicry, certainly willing to pay whatever it costs to buy boldness than accept a provisional ownership of fear freely".

There are ample evidences that it takes consistent efforts of hope for one to survive. Life as lived and mirrored on the stage of survival thus consists of a chain of happenings.

Survival according to the Lexicon Webster Dictionary (1971) is *living beyond the life of another person or beyond any event*. One's ability to live beyond an event of political crisis, poverty, disappointments, suffering, sickness, sadness, soul burdens, conditions, circumstances and situations among others can as well be defined as survival.

Questions about the meaning and purpose of life have taxed philosophers, poets, writers and thinkers all down the ages. Subsequently, the difficulty in

delving into the truth of what life is, what it is for and how to survive is not as great as swaying through achieving the purpose of life and surviving.

Apparently, *all men are created equally, that their creator endows them with certain unalienable rights, which among these are life, liberty and pursuit of happiness*, (Charles, 1910). Conversely, it will be wise, even to question, why do people live so differently; some rich, others poor, some clever, others foolish, some brave, others cowards, some hardworking, others lazy and some possible, others impossible? FollowGod, (2006) posited that *"Life runs on the axis of time. Life makes meaning when time is invested in pursuing a worthy cause, a purpose and more wonderfully"* a good purpose.

Gbenda (2006) rightly asserted, *"Humans usually experience life as a problem. Their capacity to think lifts them beyond the level of other existents that have to take everything as it comes. Humans think about issues and take decisions, which alter events in their own direction"*.

In the pursuit of fortune, which is a pro-survival factor, and in the search for wisdom, which is wealth, it takes only those who are capable and ready to adapt themselves to certain situations and circumstances to survive.

It is however, at this juncture that **I stand to postulate my philosophical theory of *Chameleonism*, which is the ability to adapt to a given situation favorable or unfavorable, at a given time and in a given way to get a given thing.**

I am not unaware that many have held and hold the opinion that events are controlled by fortune and by God in such a way that the prudence of men cannot modify them, indeed, that men have no influence whatsoever. Because of this, they would conclude that there is no point in sweating over things, but that one should submit to the rulings of chance. This opinion has been more widely held in our own times, because of the great changes and variations, beyond human imagining, which we have experienced and experience every day.

Sometimes, when thinking of this, I have myself inclined to this same opinion. Nonetheless, so as not to rule out our free will, I believe that it is probably true that fortune is the arbiter of half the things we do, leaving other half or so to be controlled by ourselves. I compare fortune to one of those violent rivers which, when they are enraged, flood the plains, tear down trees and buildings, wash soil from one place to deposit it in another. Everyone flees before them, everybody yields to their impetus, there is no possibility of resistance. Yet although such is their nature, it does not follow that when they are flowing quietly one cannot take precautions, constructing dykes and embankments so that when the river is in flood they would keep to one channel or their impetus be less wild and dangerous.

So it is with fortune. I also believe that the one who adapts his policy to the times prospers, and likewise that the one whose policy clashes with the demand of the times does not, (Machiavelli, 1961).

In the art of survival, man must tailor his stratagems to agree with the ambience of still changing times to be able to defeat the cohorts of failure. In a matter of clarity, man must be willing not to change but be a commander of it.

Fear and laziness should not mislead mankind because boldness and determination are in man's blood that by them in the spirit of harmony the foundations of the Tower of Babel were laid.

Was it not man who was responsible for the Seven Wonders of the World: **The Great Pyramid** created for the 4th Dynasty Egyptian pharaoh Khufu, **The Hanging Gardens of Babylon** in what is now modern-day Iraq on the banks of the river Euphrates, **The Temple of Artenis (Diana) at Ephesus** in what is modern-day Turkey, **The Mausoleum at Halicarnassus** created for king Mausolus of Persia – Halicarnassus is now the city of Bodrum in Turkey, **The Statue of Zeus at Olypia**, **The Colossus of Rhodes in Greece** – probably the most famous of The Seven Wonders and **Pharos Lighthouse at Alexandria** built by the architect Sostratus of Cnidus for the Greco-Egyptian king Ptolemy Philadelphus.

The seven Wonders, let's say of the Ancient World thrilled the world for centuries but of course it is only The Pyramid at Giza that survived to the modern day. Due to changing times and human dexterity man has not changed but we have Seven Modern Wonders of the World: **The Channel Tunnel** – Iggulden and Iggulden (2006) confirmed that *"It took 15,000 workers seven years and cost £10 billion"* – **The Great Wall of China** designed to keep Mongol invaders out of China, **The CN Tower in Toronto Canada**, which is the tallest freestanding manmade structure on earth (1,815ft), **The Itaipú Dam** on Panamá river on the border of Brazil and Paraguay, **The Panama Canal**, **The Akashi-Kaikyo Bridge in Japan** also known as The Pearl Bridge, which is allegedly the longest suspension bridge in the world and **The Space Shuttle**.

With the above analogy, we could do with the ideology that man needs and should accept *change*, not in collision with the changing times but in consonance with it. More importantly, circumstances, conditions and environment must not change man but man changing them to suite his survival policies.

During the primeval ages, survival was better discussed than lived or experienced unlike in the modern thought survival is better experienced than discussed. However, when man is not informed, he is deformed. The continuation of discussion – of practical principles – on the subject matter is spur

by the desire to inform the entire creation of mankind about philosophies and principles on how to survive as the *fittest* beings.

There is an exponential force that passes between love and hatred, its language is as comprehensive as a beckon and its voice as loud as a locomotive's horn but least heard, the velocious gale of its motion is heard in compassion and felt in cruelty. This force is survival and Herbert Spencer rightly coined it in 1816 as **survival of the fittest**.

Definitely, there is coefficientcy between Charles Darwin and Herbert Spencer's theory of survival of the fittest and my theory of Chameleonism.

Gould (1976) submitted that *to misunderstand or misapply the phrase to simply mean "survival of those who are better equipped for surviving" is rhetorical tautology... By the word "fittest" Darwin meant better adapted for immediate, local environment, not the common modern meaning of "in the best physical shape"*.

Scott (2005) observed that *an interpretation of the phrase "survival of the fittest" to mean "only the fittest organisms will prevail" a view sometimes derided as "Social Darwinism" is not consistent with the actual theory of evolution. Any individual organism which succeeds in reproducing itself is "fit" and will contribute to survival of its species, not just the "physically fittest" ones, though some of the population will be better adapted to the circumstances than others. A more accurate characterization of evolution would be "survival of the fit enough"*.

Darwin (1869) asserted "This preservation of favorable variations, and the destruction of injurious variations, I call Natural Selection, or the Survival of the Fittest".

Significantly, modern thinking has grown beyond biological sense or species and organisms when it comes to issues of survival of the fittest. Instead of thinking in a biological point of view of organisms and species, we think of human life and surviving amidst end time cruelty, political tyranny or misdirection and crimes.

Whether men misunderstand and misapply the phrase *survival of the fittest* to simply mean surviving of those who are better equipped for surviving as Jay Gould would submit or it connotes preservation of favorable variations, and the destruction of injurious variations as Darwin asserted or it holds that any individual organism which succeeds in reproducing itself is "fit" and will contribute to survival of its species, it is all about survival.

Survival, whether it is of the fittest according to Darwin and Spencer or it is of the fit enough according to Carol Scott, it is simply survival, not to mind biological conceptions.

As a point of necessity, man must understand that the original meaning of *survival of the fittest* given that it holds "Any individual organism which succeeds in reproducing itself is fit and will contribute to survival of its species" then human life and survival must not be confined to living above others in any condition or circumstance but also contributing generally to the survival of human family or race.

In the long run, the philosophical theory of Chameleonism at this point therefore, allows man the boulevard of creating a platform for the manifestation of other men in order to keep life moving with human race.

Notably, any man who walks the face of the earth, if he can change the face of history, must have a platform to manifest his glory and talent. Moreover, men manifest whatever great talent they have only when they are introduced by other men but eventually, this is one of the greatest problems the world has.

It is quite unfortunate that there are people who have magnificent platforms to manifest but either that they refuse to be introduced or are not introduced. This is the only calamity that sons of the rich and famous suffer without been aware of this malicious mania that can bury their destiny. Destiny does not die, it is only delayed nevertheless it has not necessarily require dying before it is buried.

Man has endeared his mind in basking in the deceit of his circumstances that his thoughtfulness of destiny is overtaken by events but he must also know this simmering truth. Though nobody can kill your destiny, don't allow anybody to bury it alive!

On the road to your destiny or destination in life, never look back only reflect on the past though it might be aching never focus on it, allow your soul to watch the sun rise over the creation day after day and never you sit static but keep moving. Even in the darkness, life will take you to the other side if only you open your eyes and though slowly but steadily moving, remain focused not minding the distance.

Encourage yourself don't allow experts like motivational speakers, friends or others to do it for you except necessary. Men hate pains and troubles but love happiness and good things so much that when a woman groans in her labor, she bears pains all alone with wearing discomfort, but when she delivers a child the entire world celebrates with her only the baby cries to inform the mother that "I understood and bore with you the pains of my coming into this world".

There is this saying "Troubles are like washing machines, they twist, turn and knock us around, but in the end we come out cleaner, brighter and better than before".

Blue Water (1995) submitted that "Life would have been easier for all of us if God had taken initiative to distribute wealth equally, but he didn't. He gave

us a few principles to follow and then left it up to us to figure out the best way to do it”.

It is better for the train of a man's life to run on the rails of animosity than on the motorway of love or compassion. In acrimony, there are no competitors but in love there are uncountable contenders and lack of common sense does not allow man to hate been loved but to love been not hated.

Essentially, we must be ourselves and struggle in any condition or circumstance to live above others – not to make them slaves but – to stand out distinct as depicting the nature of the Supreme Deity to Whom we owe our creation, Who created man in His Own image and likeness, hence He is not feeble.

Cruelty and compassion; and whether it is better to be loved than feared, or the reverse. Taking others of the qualities I enumerated above, I say that a prince must want to have a reputation for compassion rather than for cruelty: none the less, he must be careful that he does not make bad use of compassion. Cesare Borgia was accounted cruel; nevertheless, this cruelty of his reformed the Romagna, brought it unity, and restored order and obedience. On reflection, it will be seen that there was more compassion in Cesare than in the Florentine people, who, to escape being called cruel, allowed Pistoia to be devastated. So a prince must not worry if he incurs reproach for his cruelty so long as he keeps his subjects united and loyal. By making example or two he will prove more compassionate than those who, being too compassionate, allow disorders which lead to murder and repine, (Machiavelli, 1961).

If a man truly loves you, his personal interests in you will be overtaken by his colossal investments in your future. And if a man hates you, he will spark in your life the instinct that lights your valor to survive. In summing up and analyzing both, the better the latter. Alternatively, men prefer charity to animosity however; people who are loved are yoked with the demands of reciprocation of all good gestures and live sometimes at the mercies of those who love them. Apparently, men who are hated owe nobody any kind gesture and most of the pleasures of those who hate them depend on their permission.

In the struggle to best fit for survival, one must walk away from what he desires to protect, what he has and loves in order to survive. This means that, if, you desire to be a governor or president, and situations are yet to get favorable or taming, you must walk away from your desire to be a governor to keep and maintain your job or small scale business that is your source of income, which is one important factor that is facilitating your survival. This however, does not preclude the fact that you may someday become a governor, president, accomplished academician, minister, senator and all the rest.

This agrees with Epicurus who said that *"Do not spoil what you have by desiring what you have not, but remember that what you now have was once among the things only hoped for"*. Mason (1996) examined that *"No improvement is so certain as that which proceeds from the right and timely use of what you already have"*.

Be it established in your sub-conscious mind that you will be the greatest thing you ever desired to be, only if you are still surviving. Survival does not necessarily depend on how much you have, but on how sharp you reason to get what you need to live on, how to keep and protect what you have and how to adapt to certain conditions or situations that eventually lead to survival, and that is the essence and significance of the theory of Chameleonism.

When a Samson under your control or captivity gets hold of the pillars of your temple, stop him. If you cannot stop him, better get out of that temple, no matter the pleasures, and cry for its falling down than sit inside and laugh till it falls down on you.

Quite significantly, when a Jonah, in whichever skin or face intends or comes to sail with you on the same ship to the Tarsus of your life, never compromise by allowing him, no matter what he offers, his dignity and all prospective incentives, hence your concession will make you never to cross and the worst been that even if you cross, it will surely be with empty-handedness.

A callow dinky damsel who marries to an impotent man stands the misfortune of not been pregnant, but any day she is seen with pregnancy, men will call her an adulterous woman and if she claims she is pregnant by the Holy Spirit, it is either that the Spirit has become a polygamist hence the pregnancy of Mary or the lady has lied grossly.

The greatest thing ever in life that is worth considering in the aspect of survival is "To refuse to be frustrated by people, circumstances, situations, events, problems, old age or poverty, fear and simply anything".

It is appalling when people sit only to discuss negatively about other people; instead of thinking on what they would do to survive. Poverty or tough times in the world may maintain its stead, until people begin to be acquainted with the question of what will I do to survive and rightly take indelible actions.

Fear is a potential barrier to survival, while fear of failure is an integral barrier to success. Success therefore, is not the same as survival but man needs first to survive before he succeeds. Having survived, mortal man must fight poverty to the point of shading, even if not blood, tears, in order to be able to change the calamities of his generation into dignity and prosperity.

Poverty has become one enemy everybody is fighting to overcome; it is most unfortunate however that time is one factor many are running out of.

Eventually, the poverty that has come or has been imposed on vulnerable people around the globe is waxing stronger daily. Food has become dear, labor to earn money so dearth therefore, disease and death are causing unusual havoc in our communities in so much that the temptation of asking who can survive, has assumed its place.

The struggles to overcome poverty and other mayhems to survive is not so difficult as scuffling to overcome those whose ultimate tussle in life is to ensure that they make life difficult for people. Most politicians are like such and the prime factor for their fight to assume leadership seats is just to persecute the poor and make the relevance of life look disputable.

Believe it or not, any man conceived or born of woman is in battle. Whether it is a conventional battle or a cold war, we are all in a battle and man must make sure he survives. Brunton (1971) noted that *the truly wise man will be a master of two worlds – the world within and the world without, and not be the slave of either.*

However, there are people who have survived, are surviving and will survive. Every human being needs a sound and personal philosophy of life and living, one that follows obligatory or necessary action of practicality.

Obasanjo, (1998) rightly observed that *"In order to develop a sound philosophy of life, the average person has to be properly and adequately exposed and instructed starting with his upbringing and home training".*

A renowned security expert Alex Adikpo once interrogated *"Why is it that the simple things that men can do shift away their attention from them to things they cannot do even with the strongest of zest?"* Men mount their whole energies and gusto on things they cannot do, so engrossed in them that time runs on them until some become blind, others crippled, some grow gray hair and others rest in their graves unfulfilled.

The complexity of life and living is not certainly because of the reciprocal catatonic truth that bad men live well and succeed but good men fairly live or just exist and die in paucity. It is of course for this reason that men employ the masons of their thoughts to build their desires on the high plateau of world's wealth so high that it demands building for the rest of their lives but never to complete.

From Stone Age to modern times, man has, through innate sense of survival, found it necessary to create or invent instruments or tools for sustenance, comfort, protection and the cultivation of environment for successful living. In doing all these man sets for himself and attempts to achieve them. Inability to achieve these goals implies inability to survive, (Ada, 2000).

The world is trying to bury those who have already been in their graves a second time and digging graves for those who have not yet

died because of fear. If we were opportune to unearth the sarcophagus of Judas Iscariot and ask him for a word of advice, he would say "Of greed and fear, man must part with before true survival and civilization would be achieved in wholesome perfection".

With no traces of ostentation and *aspersions* on any human race or nation, I must admit that before technology or science takes us to the next generation of civilization that will be supposedly better, when man will have psychocomputers and sapiocellulars or intellocellulars, the African man must be given his rightful position in the world policy platform, his full independence will be given him and more importantly, man must part ways with FEAR. Quite as much, the Almighty God must be acknowledged in all human affairs otherwise, whether we will enjoy that in the heaven to come, it is something left to be understood.

Although I have no intention to fully describe Psychocomputers, they will be computers that by registering your thumbprint in it will detect all evidence of what you are thinking right away. For instance, owners of bank accounts will not need cheque booklets just by entering the bank and registering one's thumbprint, the computer will accurately tell how much he wants to withdraw. More so, intellocellular will be cell-phones that by receiving an incoming call, the phone will echo back to the caller what you are thinking or what you want to say without you even talking.

In this world of mortal existence, man has great regard for himself, little regard for others and no regard for the truth. It is my advice that man should not be carried away by the moving trend of distractions and evils. Civilization although started on the bedrock of loyalty and charity, is running on the axis of fear and cruelty and man must revert to the truth for which he was created otherwise, we will not see the next generation of science, technology and civilization.

Man was primarily created to rule this world, living his life on truth with all sense of dominance and the primary aim of his primary creation was to keep loyalty to his creator. The world is suffering stagnation in the achievement of peace and power because civilization has soaked man in the sludge of immorality and compromise, making the affairs of human life run on fear and fallacy.

Scientists have enough explanations to the dangers of living without fear at all when one's amygdala suffers some damage and equally wise men have adequate analysis to the advantages of how man would save himself from certain dangers when he fears. Nevertheless, my resolute opinion swims in this cardinal truth that it is better to die fearlessly than die fearing. Whether man fears or not he cannot avoid problems of life for which he fears. It is better to

face life in the face of troubles without fear. If it must be with fear that man would face life then I advise, let it be *the fear of the Lord*, which is the beginning of wisdom.

Manifestly, the bewilderment of the mind is of two kinds, one that when you deceive a fool, in his own mind thinks he has deceived you and the second that when you deceive an ignorant man he thinks with the highest sense of appreciation that you have helped him well.

— **TIM CUTTINGS**

We do not find men falling down just because they expect to find someone helping them up.

— **NICCOLÒ MACHIAVELLI**

BARRIERS TO SURVIVAL

Fear of Failure

The battle most people lose is the battle over the fear of failure, and that is what has entangled many to be mean men who can never be profitable in anything. It is better to have reasons why it will happen than why it will not happen; by doing so, you find out that you have a strategy to disengage the fear of failure in human soul.

When people prepare to believe in the reality of failure and to welcome defeat, they begin to give reasons why they cannot win, why it is not just possible, why they can't continue and why situations cannot be tamed.

Of all the real or perceived impediments to success, the biggest is the fear of failure. Certainly, there are often many other obstacles to overcome, but it is this one phantom that prevents most people from even attempting to create the success they imagined that they want.

Fear of failure is certainly one of the things corrupting the world political system. The fact that many good men are not in political leadership positions is because they are afraid to contest, for the fear of losing.

Why did Hitler Fail?

It was in April 1940 when Adolf Hitler conquered Norway and Denmark. May and June also in the same year he captured Netherlands, Belgium and France. On June 22, 1941 he launched his attack on Russia. On June 6, 1944 Russia counterattacked Germany, forcing Hitler to move his headquarters to Berlin.

The weight of defeat now began to pull down the strong-mindedness of Hitler, which was his secret for victories. He then began to distrust his dexterity to fight and questioned his ability to conquer Russia. The fear of failure rested on his imaginations, he believed impossibility and subsequently succumbed to failure. Although, the thought of his invincibility reflected on his mind; he never again believed it much and then – with the Russia rapidly approaching his bunker – he committed suicide on April 30, 1945.

At the Georgia Dome in USA, The World Wrestling Entertainment (WWE) held the biggest match of the year Wrestlemania 27 on April 3rd, 2011 with a recorded attendance of seventy one thousand, six hundred and seventeen (71,617). Certainly, the biggest or most important match was not The World Heavyweight Championship Match but one between The Dead Man – The Undertaker (Mark Callaway) and The Game – Triple H (Paul Levesque).

After a long time that the match started, Triple H fought vigorously and courageously applying his wining tactics several times on The Undertaker including Undertaker's *rest in peace* (RIP), which Superstars hardly survives. However, towards the end of the fight although everybody thought of Triple H's definite wining to end The Dead Man's Trick, breaking 18:0 to 18:1 there became written on his face defeat and sudden fear of failure.

Even though, Mark Callaway (The Undertaker) was taken out of the ring on a stretcher, he was taken out a Champion and although Paul Levesque (Triple H) walked out of the ring himself, he walked out defeated leaving Undertaker still with 19:0 unbreakable trick – nineteen (19) years of victory at Wrestlemania by the Dead Man. Like the wwe superstar John Cena's slogan ***Never Give Up***, we must stand firm even in the face of giants and troubles.

Obviously, many books would have been written, inventions made, feats wrought and solution to mortal pandemics discovered however; it is not so because of this great hobgoblin called fear of failure.

In the mirror of success we see our unique faces beaming with the hope of life and success but in the mirror of failure we see the faces of other men we feel living like them as though we were born together or will die together and are meant to live their lives.

Human life is immersed in fear that a man is always most likely to be tempted, thinking that it is necessary for every human being to fail. That explains why many people work as if they will kill themselves, not for personal capability and legitimacy of it but for the fear of failure. In no delusional sense however, **if man works for a living, why kill himself working?**

Fear of failure is a result of thinking on past setbacks and mistakes. By dwelling on the negatives of the past, the mind begins to form a bleak, dark and dismal pattern of negative expectations, which it then projects into the future. It refuses to believe in its ability to succeed.

Virtually, there is no point for a man to nonsensically shred his mind into pieces of helplessness because of fear of failure. Man must watch his ways well to realize that oftentimes in this life, conditions project men into solemn distances where it is difficult to abruptly trace their steps back to locate where they want to be in life. If this realization is made, we will understand the importance of using or taking circumstances as a school of high learning where we study the art of overcoming paradigms of failure.

By an event that this realization is not made, man will continue to use situations or circumstances in their bad and large scope as a proof why he must fail and then the fear of failure will continue to hunt for the soul of mankind.

In order to overcome the fear of failure, we must acquaint our minds with basic principles that make us bold in the face of failure. The antidote to this

corrupt malady is simple when the law of feedback is put to consideration. The Law of Feedback therefore states that there is no failure, there is only feedback. Incidentally, people who are successful in life look at mistakes as outcomes or results, not as failure; but unsuccessful people look at mistakes as personal and permanent, which is wrong. *Failure is just a way of telling you to go in the opposite direction*, (George, 1999).

I have come to the realization by experience and interactions with the society of the looming ignorance, myths, misconceptions and grossly, fear of failure and have stood to dispel all these misgivings from the viewpoint of an authority.

Learn from your past mistakes or failures, don't let them imprison you. Analyze past experiences: what was the mistake, why did it happen, how could it have been prevented and what I need to put in place in order to do better, thence you can do something better and live above the fear of failure.

The Fear of Dying without Achieving Life's Goals and Individual Set Plans

If there is anything that threatens the personality of many, it is the fear of dying without achieving life's goals and individual set plans. When people fail to discipline themselves, coordinate, reason properly or are not well brought up, in their pre-youth stage, puny problems weigh them down and they begin to fail in all aspect of life. This makes them to be afraid they will die without achieving their life goals and plans.

Everybody certainly has what he might say is the purpose of life and equally, everyone has his individual set plans and goals. To some it is to become a president, governor, senator, or minister and to others, it is to be prosperous in academics, business, civil service or other disciplines in life. Obviously, people are daily scuffling to make the very best of their life and meet their individual set plans in life by denying themselves of food, sex, leisure or due comfort. **When impediments of life encumber us, our efforts to achieve life's goals are often mocked.** Jung (1933) equally explained "*Problems thus draw us into an orphaned and isolated state where we are abandoned by nature and are driven to consciousness. There is no way open to us; we are forced to resort to decisions and solutions where we formerly trusted ourselves to natural happenings*". And at such times people fear they would die without achieving life's goals and individual set plans.

Perceptibly, we are all thoroughly familiar with the sources of the problems, which arise in the period of youth. For most people it is the demands of life, which harshly put an end to the dream of childhood. If the individual is sufficiently well prepared, the transition to a professional career may take place

smoothly. But if he clings to illusions that contradict reality, then problems will surely arise and fear will strike in.

When young people begin to ponder over "Old Age", they start to feel that when they grow old, they may as well wax weak and seemingly will not be able to do anything. This very thought tempts young people to rush with the intention of making quick money or achievements, so they can enjoy them when old. Some can be ritualists, others armed robbers; and as well, it prompts others into prostitution. It is most unfortunate that if any one feels old age is a disadvantage, then he is lost out. Even at old age, one can make the very best of his life and live a perfectly fulfilled life.

Aged people also sit and wonder how much they would have achieved, if they were now young people. This is because when they were young, they thought that by the time they become old they will do exploits; but at their old age they are troubled with the old age impediments and demands. Well, aged people may only wish old age would be summarized into a dream – but it is not just possible.

Already old, you can still make the greatest impact, even by teaching your children the disciplines of wisdom, fear of God and honesty.

In no contradiction, it is also true that some people are virtually well disciplined, straight thinking and hardworking but they are victims of circumstances. Prosperity is the integral priority to mankind and conversely, all human efforts have become geared towards riches or achievements either technologically, scientifically, intellectually and financially.

Consequently, the fear of dying without achieving life's goals and individual set plans arise from the yoke of time. God who created time had no slightest intention to make it a stratagem of intimidation to mankind however; civilization in discoveries and inventions annealed time into masqueraded faces of clocks and calendars that wage war through intimidation and fear to human race.

On the highway of time, the code of driving states that in so far as life and destiny are concerned, never rush to get there hence the road is characterized by gallops of poverty, circumstances, failures and monotonous mayhems and most significantly, never do a slow-motion in a holdup; all the same, overtaking is perfectly permitted.

Why most people – especially in Africa – suffer from the fear of dying without achieving life's goals and individual set plans arise from two fundamental reasons:

- I The phenomenon known as **Time** and
- II This monster called **Ignorance**

A The greatest of libraries in human history in disguise of the Holy Bible has it that: *To everything there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; A time to kill, and a time to heal; A time to break down, and a time to build up; A time to weep, and a time to laugh; a time to mourn, and a time to dance; A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; A time to get, and a time to lose; a time to keep, and a time to cast away; A time to rend, and a time to sew; a time to keep silence, and a time to speak; A time to love, and a time to hate; a time of war, and a time of peace.* (NKJV)

Nevertheless, it will do a mortal man no good if he will keep only these facts and forget this coefficient truth that between the time to plant and the time to pluck up that which is planted, there are intervals and such intervals are known as circumstances.

Once in this life of human toils, the train of time brings man to a terminus of his magic moment where for the reason of feebleness he questions the value of life or living and stands between his thought been flooded by the fear of the future. May Heaven forgive me to say that even God Almighty who is omniscience and omnipotent when He came to His magic moment, He asked to know where man was – as is properly said in Genesis of the Holy Book called Bible: *And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife HID themselves from the presence of the LORD God amongst the trees of the garden. And the LORD God called unto Adam, and said unto him, where art thou?* In the eyes of caution, man should see that being in such a condition does not mean that life and living will end up just silently.

Circumstances such as poverty of lack of food, clothing and social amenities place many people under obligations so that in their crude minds and thoughts of agony they think and feel been behind time. Larson (2010) properly advised, *"The world around you is unlikely to slow down. But you can take action to create the time you need"*.

We humans have generally little control over circumstances. People intersect our lives, doing things directly and indirectly to us, and we spend our days reacting to what they bring. Good things come our way, followed by bad things. We struggle as best we can to gain some control, because being helpless in the face of events makes us unhappy. Sometimes we succeed, but the margin of control that we have over people and circumstances is depressingly narrow.

There is one thing we can actually control – the mindset with which we respond to these events around us. And if we are able to overcome our anxieties and forge a fearless attitude towards life, something strange and remarkable can occur – that margin of control over circumstances increases. At its utmost point, we can even create the circumstances themselves, which is the source of the tremendous power that fearless types have had throughout history, (Jackson & Green, 2009).

Obviously, most young folk think that they are late in life; while old men think they are too early in life. However, the distinction lies in one's ability to take the song of time and critically sing it in stanzas of patience and choruses of planning and action, and then nobody will feel he was born too early or he is too late in life.

The Sultan (of Asia) had sentenced two men to death. One of them, knowing how much the Sultan loved his stallion, offered to teach the horse to fly within a year in return for his life. The other prisoner looked at his friend in disbelief. "You know horses don't fly. What made you come up with a crazy idea like that? You're only postponing the inevitable." "Not so," said the first prisoner. "I have actually given myself four chances for freedom. First, the Sultan might die during the year. Second, I might die. Third, the horse might die. And fourth, I might teach the horse to fly, (Ralph, 1979).

We all need to be patient and wittily create tasks for seasons and allow time to pursue its course in handling those tasks while we take necessary actions that will lead to our achieving of our individual goals and set plans in life.

B In so far as human life is concerned, the greatest of all misfortunes – so deadly, as the venom of a female viper – which pushes men into eternal captivity of dying without achieving life's goals and individual set plans and the irrational fear of it is the teratrophobic monster called ignorance.

There is a tutor called experience who has taught his pupil (mankind) in the school of commonsense that there is no poison so intense than the poison of a crafty woman. Deep in the streams of modern thinking, the most destructive force on earth is not that of the Atomic Bomb that devastated Hiroshima and Nagasaki and it is not that of HIV/AIDS pandemic but that of ignorance. Atomic Bomb can raze a city and poison can destroy a whole family but ignorance can annihilate a generation.

Europeans on their mission to underdevelop Africa came to us with the umbrella of religion, healthcare and schooling and gave us when it was dry season. While we went on trying to study how to use the umbrellas, they were busy carrying away the precious materials that were meant to be used in building a bridge, which would have enabled us cross into development and civilization.

In the long run, when it was rainy season that we needed a cover, Europeans took their umbrellas away and now Africa is soaked in the rains of poverty, underdevelopment and insecurity and this is because of ignorance.

As a point of digression, man has learnt to construct bridges across rivers to enable him cross across but technology has not reached a point where bridges can be built across the Atlantic Ocean. However, there are ships that sail across the ocean and jets that fly across it. Therefore, though Africa could not build a bridge to facilitate crossing to development and true civilization, by the reason of zeal and wit, we can sail across by fearlessly using the boat of determination and faith.

Two men lived in the ancient Benue Valley one was called Mimi and the other Aie. Mimi was known with the power of truth while Aie was known with the talent of deception. And it came to pass that there was draught and famine in the land in so much that everyone became vulnerable to death – not by hanging but by hunger.

Hopes for survival became hazy when Lam (Mimi's wife) died and casting behind feelings, he suggested to Aie that they will visit Manor, a very rich village to see if they can have food for themselves and their families. When they took off for the journey, Mimi who always told truth had to lead the way and they met with Bagu, an old rich farmer. Mimi truthfully related their situation to the farmer. "Fellows, I can't give thee food with thy families that my barn is lean and I starve myself to death wherefore, get thee yonder, thou might meet thy fortune", said the farmer.

In the process of time, they came to Abôgô who was their old friend and a Witch of the first order. Mimi as would always speak the truth told the Witch their story without traces of lie. "Alas, it giveth me trouble to see thee die and thy families but it giveth me more trouble to give thee my food, go thee further and it may be that thou find favor with a man that wilt give thee food", the Witch said.

When they were approaching Manor, Aie suggested to Mimi for him to lead the way and was given the go ahead. "Why wantest thou to lead the way?" asked Mimi. "Men are ignorant of the truth and if it be that I deceive them, we will have food" Aie replied.

At their arrival at Manor, they heard of sad news of the richest man in that town who had only one son and the son was dead – the burial was done two days – before their arrival in Manor. Consequently, as they sat in Ukari (the rich man's) house, his mother – who was smoking in the cool of the eventide when the sun threw its beams of awe and wonder – complained vehemently that there was a man in that village called Nyianashe (Red-eyes) who used to be responsible for the death of anyone in the village. With straining worries in the old woman's face, she further said, "Nyianashe has died ten years afore now, who could he be that doeth this villainy?"

Pretentiously having heard of this story, Aie drew near and asked Kutim (the rich man's mother) whether it was well with the rich man. "Art thou a stranger in this land that thou knowest not the evil, which hast happened to my son?" the woman asked and further narrated the story to the Liar. Aie replied, "Blindness doth maketh thee unable to see well. Lucky art thou and thy son that my talent dealeth in waking up the dead from their sepulcher even if they be rotten in their sarcophagus".

In a matter of haste, Aie ordered that men and women of the town should be gathered so that he will raise up the dead man who was buried two days back. When town's folk gathered they asked the Liar how much he would be paid to bring the lad back to life. He said, "I take no money in exchange of my miracles but food will I collect from thee. And yet one thing: make first a feast. Slaughter bullocks that men eat and make merry. In the morrow shall the folk gather again, when I shall bring back to life the lad to be his father's son."

The following day men and women folk of the town gathered both old and young. Aie's happy days were soon to come again as he saw in the mirror of deception the faces of his prey filled with ignorance. Barns were opened and victuals were set aside for Aie who ordered Mimi and both families to get their way back to the Benue valley.

Manifestly, the bewilderment of the mind is of two kinds, one that when you deceive a fool, in his own mind thinks he has

deceived you and the second that when you deceive an ignorant man he thinks with the highest sense of appreciation that you have helped him well; the later which is the problem of Africans.

Aie stood up when birds with magpie-like tails sang sweetly in the trees and the awe of his countenance saluted the crowd leaving nobody no chance to clear his throat nor spit. After that Aie's men took their viands away bending their feet into a jungle pathway called *uvannuyeran* [u-vaan-u-yer-an] (who do you cry and call), he took short mincing steps and advanced to the grave. Whether or not the move could be miraculous was something left to be understood.

However, Aie prostrated his potbelly on the grave, stretched his hands and turned his face to the people. His snubbed nose and protruded eyes intimidated many to stand in tremor. Allowing time to pursue its course, he stood up and said, "Men of Manor, be it unto thee as it pleaseth thee that I have great trouble here and wouldst thou permit that I make it known unto the entire folk?" The crowd shouted "Speak!" He did the same thing twice and they shouted "Speak! Speak!"

"There once lived in Manor a man whose eyes were as red as crimson and his name Nyianashe," the people replied "yea." Aie cleared his throat and suddenly there came by an event of coincidence a millipede, which crossed the lad's grave. Consequently, by the reason of fear, people's knees became so feeble that they could not stand and their mouth so heavy that no one could speak.

Progressively, Aie continued to administer his talent by saying that Nyianashe was a Witch of the first order who was responsible for crazy killings of both small and great, and the people admitted that it was true. He further told them that Nyianashe who died ten years ago insisted that he died before the lad therefore he must first be brought to life or would not allow the lad to come out.

Finally, asked Aie "Men of Manor, wilt thou that I bring back to life this monster and the lad or wilt thou that I leave both in sheol?" because the men feared that, if Nyianashe comes back to life, he will kill all of them, they exclaimed "Let Death and Hades keep him and the lad forever." Clouds were already bending with the heaviness of rain and everybody ran for his life leaving Aie on the grave.

Ignorance is so deadly that we do not need to allow ourselves to be soaked in its putrid bath or sink in its miry clay. Most people are ignorant of who they are, that is why many men want to live like others. People want to be like Tim Cuttings, Jay Jay Okocha, Kanu, John Cena, Mark Callaway (The Undertaker), Wole Soyinka, Barrack Obama as you can go on to mention.

The pages of history are filled with accounts of wisdom and civilization. However, from the debris of tragedy, there always arise extraordinary acts of man's ignorance and self-indulgence. Why is it that some people are wise and others are foolish is a question that should bother mankind. Nature, for the sake of wit has been so kind to mankind that it has consoled him with the freedom of decision but action is the one virtue that leads to it.

Contritely, in so much as Nature has endowed man with the freedom of decision, many men decide eagerly to submit themselves into other people's hands to be incarcerated in the cell of ignorance where darkness prevents them from seeing the possibility of being delivered from such obscure captivity.

In the history of Ethiopia, after the death of Theodore, formerly known as Kassa who was the first to emerge as a national leader in Ethiopia during the Nineteenth Century, it looked as though Ethiopia was going to revert to the anarchy that had characterized the age of princes. There was a short-term rule of four years by Tekle Guyergis the ras of Amhara between 1868 and 1871.

During this time, another bourgeois, the ras of Tigre emerged. He had become very strong because he had been rewarded with a large supply of firearms and ammunitions for supporting the British expeditionary force under Napier against Theodore, who was an elected king of Ethiopia. The ras (prince) of Tigre, who can be described as an atrocious and pasquinaded nincompoop was not quick to wit, to understand that the British were only driven by their selfish and brutal factions aimed at enriching themselves and impoverishing Africa.

The greatest danger a man can put his life to, is that of not knowing who he is and trying to make mimicry of others. One of the ways to curtail the fear of dying without achieving life's goals and individual set plans is for man to stop acting life instead of living it. More so, wear the spectacles of judgment to discern deceit and be able to stay out of the boundaries of ignorance.

Life is not like a movie wherein artistes decorate themselves in a most spectacular styles and are surrounded by luxurious cars in magnificent estates but in real life, they trek the streets of the city as ragamuffins and are faced with the reality of life or who they are when hunger also refuses to forgive them of their ignorance of who they really are.

Fear of the Future

As there is *Today*, there is also *Tomorrow*, which is simply the future. It is most certain that future must bring one thing whether or not people believe and that is Good (*Fortune*) or Bad (*Misfortune*). When it becomes absolutely impossible to predict if future may bring good or bad, people then begin to fear and that is a typical fear that is deadly. Be it as it may, businessmen, academicians, farmers, the military, politicians, students, old men, young people, scientist, pilots and many others are often afraid of the future equally.

For survival to take place smoothly, everybody must make positive binding decisions and act solemnly. Life compels us to make premium or humiliating choices and to act on the bedrock of some worth, which drives us to the shores of bravery to enable us face life and the future happily.

The ten commandments of survival are all summed up in apt hardworking. We must all offer to devote our good time to positive thinking and positive works aimed at improving our lives. No one should be jealous of another person to allow a smooth transition from a life of poverty into a life of luxury; the age of better survival will begin.

Man does not need to be afraid of the future for good reason that the centrifugal force of time compares mankind by obligation not to live in the past but the present, which is an aggregate of the result of future.

What does it profit a man if he shall set wonderful goals in life but fear the future? Given that you were sued to court over a charge of living today, that you were supposed to live only in the future; or a charge was leveled against you of being alive, would you have reasons why you will be cleared of the charge?

Future is not what we should fear but follow in the spirits of our vision and purpose to take hold of the effulgence of its grandeur in fulfillment of time and goals to create a platform for the manifestation of the unborn generations, or even ourselves.

Tough Times

Tough times come upon people of all ages, the young and the old. And it is not only people of all ages but also people of all races from all walks of life, not minding demography, nationality, profession or status. Sometimes it takes being lost before you can be found but sometimes people lost may never be

found and that is mystery. Sometimes it gets so tough but simply worthy. This proves the fact that allowing tough times, forges one to become tough.

Problems are proof of tough times. When one begins to experience a chain of problems, it is simply a proof he is passing through tough times. No life is problem free. *Everybody has problems*, (Schuler, 1983).

“When the going gets tough, the tough get going”, said Knute Rockne. Obviously, when in tough times, two characters are involved, Victors and Victims. Victors are those who wangle their way through, by not allowing aught to frustrate them. They have some common terms of thoughts or reasoning such as:

- My inability to achieve today is not the end of life
- My incompetence is not the source of all mistakes therefore; I can be the next most competent person
- I don’t deserve the best people have, I desire to improve on the little I have and add value to myself
- Thinking about those who tried to block my way to success is not as important as working harder to attain my success
- Being jealous of one’s success is not a criterion for another’s achievement

The act of positive thinking is the art of valuable achievement but in the event of tough times, many people confine themselves in thinking negatively. This precincts them to unconventional reasons, apportioning blame to people and with their crude minds and uncircumcised reasoning, they think they are unfortunate in life. When such people sit they can only be heard discussing about trivial things such as:

- What is the government doing with the revenue generated
- I would have been a degree holder by now but my uncle’s wife was always tasking me – without food – and when I queried her I was sent out of the house, hence I could not afford to pay my school fees
- My father has money but he doesn’t want to buy a car for me; he wants me to suffer, (*this is very common with Nigerians*)
- Witches and wizards are hunting me, that is why I don’t even know for what I spend my monies

The vehemence of making men to know that it is pitiful when people sit only to discuss about what rich men are doing with the money that is supposed to be their own instead of thinking on what they would do to survive cannot be overemphasized. Man must be acquainted with the principles of survival and apply himself to the customs of success, which are the ability to become,

humility, honesty and hardworking that can helm him into the abode of achievement.

Moreover, life and survival should be viewed side by side. Don't be controlled by your lust; keep your passions in check. It is also noteworthy that if man allows himself to satisfy his every desire, he will be a joke to his fellows. The expense of luxurious living ruins a man's life, this however is not an attempt to discard the goodness of been rich. A man who makes himself a beggar by borrowing for expensive banquets when he has no enough money himself may never get rich at all. Never indulge in luxurious living unduly but work shrewdly hard for its actualization and by so doing, tough times will be overcome and luxury will come smoothly, without the harm of self and moral destruction.

What is Your Barrier?

Many people are ever learning and never able to come to the knowledge of survival. All of us must press towards the mark of survival and by any means remain intelligently hardworking. Moreover, to be neither hardworking nor very lazy is the worst of all moral decadence in human life wherefore; luckwarmness is not a common denominator of survival.

When people become weak with despair and are ready to yield to trounce and failure, they start to fix the blame instead of fixing the problem. It is common with such people to give good reasons why they cannot achieve, succeed, progress or become effective or something great.

Man must aim at becoming the best in all things, not competing with others but simply being the best. Walklin (1992) affirmed this "*Good, better, best. Never let it rest till your good is better and your better best*".

Be informed that throughout history, people have become famous not because they had no problems. It was simply because they refused to be frustrated by events, circumstances, people, old age or anything. As a matter of fact, it may be proper even to think that those people had more serious problems than we do in this present and modern generation, except for the multiple distractions that we have today the same of which we are the architects.

The pages of history are filled with accounts of wisdom and civilization. However, from the debris of tragedy, there always arise extraordinary acts of man's ignorance and self-indulgence. Why is it that some people are wise and others are foolish is a question that should bother mankind. Nature, for the sake of wit has been so kind to mankind that it has consoled him with the freedom of decision, but action is the one virtue that leads to it.

— TIM CUTTINGS

BRINGING THOUGHTS INTO ACTIONS

Even mad men plan in their way before doing things they want to do, and that is ultimately a function of thoughts. No one does anything without giving thought to it. The evils that men do are nothing other than the product of their evil thoughts.

Although, the greatest of man's disabilities is to bring his good intentions into actions, the same good intentions are among the few things that he has in abundance.

Franklin once viewed "*If a man could have half his wishes he would double his troubles*". However, the desire of a man to succeed with no efforts is far too small to earn him success. When you desire to do, get or become something great, then you got to map up strategies and reason why, when, where or how and this is a work of thinking, which is a step forward to success. The real difference is in the function of bringing thoughts or intentions into actions.

A man's priority blindfolds him of all the best things of this life and that is evidently a feat portraying his priority is his very best. People forget about everything save what is their priority and that they do with all sense of devotion to the fullest accomplishment. Whoever has a priority forgets about his disabilities, foes, barriers and simply every other thing to do what he is determined.

Throughout history, people had been so. Consider the following people how they started, the troubles they met on the way and the achievements they made despite their dreary problems.

LORD NELSON

Horatio, Lord Nelson (1758 – 1805) was a great English naval commander who first went to sea at the age of 12 in 1793 when England was beginning a long war with France. He was given the command of battleship. Leonard (1974) confirmed his calamity, *He lost his right eye in one battle, his right hand in another.*

Five years later, Nelson faced Napoleon who was one of the greatest generals that ever lived. In the battle of the Nile, Lord Nelson completely defeated the French. Napoleon's plans for an empire in the east came to nothing since he was dependent on ships to get supplies to his army in Egypt and Nelson prevented him.

It is with no doubt that Nelson had a case. He stood a better chance to give reasons why he would not fight, or would be defeated and all the rest. For one, somebody with one eye is not deemed worthy to be an effective commander. Secondly, any person with only one hand is not adequately fit physically. Goodly enough, such good reasons were not ample to stop Lord Nelson.

LUDWIG VAN BEETHOVEN

On December 16th, 1771 there was born probably the best known musical composer, Ludwig Van Beethoven. *He came from the little Rhineland town of Bonn, which since the last war has been the capital of West Germany, (John, 1964).*

Beethoven's greatest tragedy in life was his deafness that distressed him at the age of thirty with his hearing declining slowly but ever steady, until he completely lost his hearing. History has shown that in a short while he ceased to compose music and within the time frame he lived a life laden with poverty and meanness. It was simply seen in Beethoven's life that he was not a man of despondency. He entirely gave himself in devotion to his music, which became part of his life, producing the finest compositions in his later life.

Life treated Beethoven very badly. In his music we can feel him struggling against terrible obstacles. He never abandoned hope and always appears to emerge victorious in the end.

He continued to compose and conduct music even though he could not hear a note. Beethoven died at the age of fifty-six (56) in 1827, a fulfilled composer who overcame what could have been his barrier to survive through his career.

TOUSSAINT L'OUVERTURE

The Black General Toussaint L'Ouverture was brought up as a slave. He was reputedly descended from the Arrada People of the Dahomey Coast. His father, Gaou-Guinou, had been brought by the slave traders to the French Colony of Saint-Dominique, and sold as a slave to the Count de Breda. De Breda was relatively humane and happy to encourage Toussaint to learn to read and write. He became a coachman of the Count and was already a noted horse rider and herbalist before his subsequent military and political career. He married a woman named Suzan Simone and they had a son named Placide.

Toussaint-Louverture (May 20, 1743 – April 7, 1803) was the leader of the Haitian Revolution. His military genius and political acumen led to the establishment of the independent black state of Haiti, transforming an entire

society of slaves into a free, self-governing people. The success of the Haitian Revolution shook the institution of slavery throughout the New World, (Madison, 2007).

Toussaint, a slave in the land of slavery thought that he was more than a slave and that he was not a mean man. It was there and then that he was elevated to the post of Coachman of the Count controlling transportation and training other slaves. He now began to think that his people needed freedom and therefore, he engaged solely in self-training himself to fight battles. All of a sudden, he conscientiously set out for bringing the thought of freedom of his people into actions.

Napoleon Bonaparte was one of the greatest generals who ever lived. But at the end of the 18th Century, a self-educated slave with no military training drove Napoleon out of Haiti and led his country to independence. The remarkable leader of this slave revolt was Toussaint L'Ouverture (*The One Who Finds an Opening*), who was formerly known as Toussaint Breda and nicknamed (*The Black Napoleon*).

By 1793, the revolution in France was in the hands of the Jacobins, the most radical of the revolutionary groups. This group, led by Maximilian Robespierre was responsible for the Reign of Terror, a campaign to rid France of "Enemies of the Revolution".

Though the Jacobins brought indiscriminate death to France, they were also idealists who wanted to take the revolution as far as it could go. So they again considered the issue of "equity" and voted to end slavery in the French colonies, including what was now known as Haiti.

There was jubilation among the Blacks in Haiti, and Toussaint agreed to help France army eject the British and Spain. Toussaint proved to be a brilliant general and under his increasingly influential leadership, his French army of Black, Mulatto, and White soldiers defeated the British and Spain forces. Toussaint won seven battles in seven days, against the British forces in January 1794. This is one feat of its kind throughout history.

Though, Toussaint was not only a Black but also a *Black Slave* and yet, **Black Race** was not enough to stop this great general.

SOCRATES

The family of Sophroniscus, a sculptor or stone-mason and Phaenarete, a midwife lived in Athens; and there was born to this family a son, in about 470BC. Perhaps, the ugliest man in the century was soon to emerge, this was Socrates. As a matter of fact, nothing is known of Socrates' early life but by the time he was

middle-aged, he was an outspoken figure in the city, where his very odd looks and idiosyncratic behavior made him salient.

He was an ugly man with snub nose and protruding eyes; but he had extraordinary powers of self-control and physical endurance. He enjoyed spending his time discussing about philosophical questions with anyone who was willing to talk to him.

Socrates believed himself to be fulfilling a mission by conversing about philosophical questions with people. A certain man who always admired him once asked the Delphic Oracle whether anyone was actually wiser than Socrates and brought to him the answer that really no one was wiser. Socrates was significantly humble; and as it was his character not to accept any fact until proven, set out to prove the oracle wrong by saying someone was wiser than him. However, after talking to all sorts of seemingly wise people, he came to the conclusion that the oracle was right, although he was as ignorant as other men; he was at least aware of his own ignorance and they were not.

The man Socrates taught people to question old ideas and to believe only those things, which they really understood. He also taught them to trust their own reason to decide what was right.

Socrates believed that all wrong doing is due to ignorance, and that if people only knew that was right, they would have no difficulty in doing it. This is the meaning of the celebrated saying attributed to him that "Virtue is knowledge" and that "No one does wrong willingly".

Towards Socrates last days, he made a statement, which is one of his most powerful words "It is better to suffer wrong than do wrong". This was a powerful statement that seemed apparently true, especially to people brought up in the Christian tradition. Probably, Athenians of the 5th Century B C. were for the very first time, greatly astonished at such a powerful statement spoken by Socrates.

The great importance of Socrates in history is that he introduced into European thought the idea that *the supreme object of a man's life ought to be to make his soul as good as possible*, and that he did not hesitate to sacrifice his life rather than abandon his principles.

In 399 B C. the restored democratic government in Athens, put Socrates on trial on a charge of not worshipping the gods that Athens worshiped and of corrupting the young men of the city. Before an immense court of 501 jurors, the case was heard. Socrates being a man of wisdom, had no difficulty in defending himself against the first part of the charge; and he would indisputably have been acquitted on both charges if, he had been willing to abandon his mission. Instead, he declared that far from deserving any penalty; he is a public benefactor. As a result of this, he was condemned to death. He died in a prison,

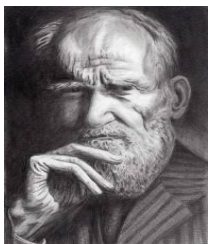
as he swallowed calmly a fatal drink (draught of hemlock) – this was the traditional method of execution in Athens.

History has it that Socrates wrote nothing. He was not learned however; he was highly educated. **Intelligence is too big to be smalled to only bookish acquirement of knowledge.** It is amazing, that someone with no Primary School Certificate became noted internationally for his wisdom, intelligence or philosophy.

Astonishingly enough, intelligence is not so respected in many nations because of political disorientations. Not a curse, but a fact, some nations will ever retrograde, until we will turn to the sensibility of respecting intelligence. Whether poor or rich, deformed or whole, ugly or beautiful, learned or unlearned, once intelligent, must be acknowledged and respected; then the world will be one hundred percent better. The simple truth is that the most foolish men taught the wisest men thus, centenarian can learn from even a lad.

In the long run, I still want to bring us to the case of Socrates, that his ugliness and idiosyncrasy did not stop him from being who he was and ultimately becoming the greatest philosopher of his time, whose works stand as a reference point to this generation and the one to come.

GEORGE BERNARD SHAW



“With the single exception of Homer, there is no eminent writer, not even Sir Walter Scott, whom I can despise so entirely as I despise Shakespeare when I measure his mind against mine... it would positively be a relief to me to dig him up and throw stones at him”.

One would hardly have thought that the author of this extraordinary boastful remark was once a rather shy young man whose efforts to establish himself as a writer had resulted in abject failure. But, in fact, George Bernard Shaw had to work hard for his success. Obviously, 5 cores of his articles were rejected by scores of Magazines, and his first five, full-length novels were rejected by every publisher in London.

Nevertheless, when success came, it brought Shaw more acclaim than any dramatist since Shakespeare and he in turn, gave the English theatre its greatest boost for three centuries.

Shaw was born in 1856 in Dublin. He went to a variety of schools; but proved an extremely uncooperative pupil. Finding he could not learn anything he did not like, he sought, in his own words, “refuge in idleness”. But at home he spent hours on end educating himself in the things he did like – music, literature, and painting.

Shaw's father could not afford to send him to a university, and at 15 he became office boy to an estate agent. Five years later he went to London, where his mother who was a professional singing teacher, supported him. He refused to find a job, and applied himself to the business of making money by his writing. It was a long business but he was undaunted by his repeated failures. Meanwhile he spent much time studying in the British Museum, and also made a habit of attending public meetings. He spoke frequently at them overcoming an early shyness, and in 1882 became convert to socialism. From thence he regarded socialism as a crusade and in 1884 he joined the Fabian society.

Shaw's first successful venture as a writer was in the realm of criticism. He held posts as art critic, music critic and literary critic on several papers. His method of criticism was simple – he said what he wanted however, outrageous or unorthodox. As a music critic, he gained popularity for the way he expressed his ideas in everyday language.

Wise men, though all laws were abolished, would lead the same lives.

— **ARISTOPHANES**

Make wisdom your provision for the journey from youth to old age, for it is a more certain support than all other possessions.

— **BIAS**

WISDOM QUOTES



Anyone who has common sense will remember that the bewilderments of the eyes are of two kinds, and arise from two causes, either from coming out of the light or from going into the light, which is true of the mind's eye, quite as much as of the bodily eye; and he who remembers this when he sees any one whose vision is perplexed and weak, will not be too ready to laugh; he will first ask whether that soul of man has come out of the brighter light, and is unable to see because unaccustomed to the dark, or having turned from darkness to the day is dazzled by excess of light.

Plato

The Republic

Greek author & philosopher in Athens (427 BC - 347 BC)



Poor is the man whose pleasures depend on the permission of another.

Madonna Louise Ciccone

O Magazine, (January 2004)

That consciousness is everything and that all things begin with a thought. That we are responsible for our own fate, we reap what we sow, we get what we give, we pull in what we put out. I know these things for sure.

Madonna Louise Ciccone

O Magazine, (January 2004)



You can avoid reality, but you cannot avoid the consequences of avoiding reality.

Ayn Rand (1905-1982)

A creative man is motivated by the desire to achieve, not by the desire to beat others.

Ayn Rand (1905-1982)

Honor is self-esteem made visible in action.

Ayn Rand

The Ayn Rand Letter, (January 14, 1974)

The man who does not value himself, cannot value anything or anyone.

Ayn Rand

The Virtue of Selfishness



Do, or do not. There is no 'try'.

Yoda (a fiction figure)

The Empire Strikes Back (1997)

Don't stay in bed, unless you can make money in bed.

George Burns (1896-1996)



A friendship founded on business is better than a business founded on friendship.

John D. Rockefeller (1874-1960)



The nice thing about being a celebrity is that if you bore people they think it's their fault.

Henry Kissinger (1923-)



Manifestly, dying is nothing to a really great and brave man.

Mark Twain

Letter to Olivia Clemens, referring to General Grant (July 1st, 1885)

Behold the fool saith, "Put not all thine eggs in the one basket" – which is but a manner of saying, "Scatter your money and your attention"; but the wise man saith, "Put all your eggs in the one basket and WATHC THE BASKET".

Mark Twain



It is better to be a king without palace than to be a king without people; better also it is to be a king without power than to be king without peace and essentially, it is better to be king without magic than to be a king without management.

Tim Cuttings

The Fear of Who Will Succeed Me, (2006)

What most people are always afraid of is what they don't understand; and when they don't understand, they turn to their assumptions, when their assumptions don't work, they begin to fear.

Tim Cuttings

Democratic Instability in Nigeria (2007)

When something is happening, only a wise man can read the handwriting on the wall.

Tim cuttings

Letter to Godwin Fiase (October 29, 2004)

Those who are marching to dignity must also gear efforts towards putting in place avenues of their security and sustenance of the good name.

Tim cuttings

Letter to Godwin Fiase (October 29, 2004)

Sin is not as simple as we merely understand it; and its load is not as heavy as we think but enslaving as we never expect.

Tim Cuttings

Sin: A Philosophical Approach (2010)

Man is laden with the responsibility to choose between righteousness and sin however; his inability to distinct righteousness from sin is what reduces him to an existing creature instead of a living being.

Tim Cuttings

Sin: A Philosophical Approach (2010)

He who kills kings knows not the knolls of kingship and will never be a king.

Tim cuttings

Battles Strongest Men Never Fought (2007)

Politics has helped create problem of a calamitous order in the world. What interests politicians most is not to solve the world's problems but to assume power and use it in persecuting their enemies as well as to amass wealth to themselves and their unborn children.

Tim cuttings

Victims of Corruption (2007)

The gravitational concentration of the fear of death cannot so simply be yoked with mean or anomalous phobias.

Tim Cuttings

(15th January, 2010)



The largest room in the world is the room for improvement, but the only key to it is correction, so learn to accept correction.

King Fazan Ajo

Global Campus Magazine (2010)

Finding exactly what you are created to do will turn you to a man or woman of value. Try and find it.

King Fazan Ajo

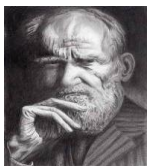
Global Campus Magazine (2010)



The hatred of human race over death is but just a deed that does not stop death from killing humanity.

Agber Ligôm

A verbal quote, during discussion with Makir Dzape (1945)



A government, which robs Peter to pay Paul, can always depend on the support of Paul.

George Bernard Shaw

Everybody's Political What's What? (1944)



The greatest of man's tragedies is to forget who he is.

Joseph Terkuma Ajo

Know Who You Are: Sermon (9th May, 2010)

We are not born again to suffer again.

Joseph Terkuma Ajo

Path to Honor: Sermon (1st August, 2010)

Let me assert my firm belief that the only thing we have to fear is fear itself; nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance.

— FRANKLIN D. ROOSEVELT

PHOBIA LIST

Ablutophobia, *fear of washing or bathing*
Acarophobia, *fear of itching or insects whose bites cause itching*
Acerophobia, *fear of sourness*
Achluophobia, *fear of darkness*
Acousticophobia, *fear of noise*
Acrophobia, *fear of heights*
Aeroacrophobia, *fear of open high places*
Aeronausiphobia, *fear of vomiting secondary to airsickness*
Aerophobia, *fear of flying, drafts, air swallowing or airborne noxious substances*
Afrophobia, *fear or dislike of Africans or African culture or people of African ancestry*
Agateophobia, *fear of insanity*
Agliophobia, *fear of pain*
Agoraphobia, *fear of the outdoors, crowds or uncontrolled social conditions*
Agrizoophobia, *fear of wild animals*
Agyrophobia, *fear of streets or crossing the street*
Aichmophobia, *fear of needles or pointed objects*
Ailurophobia, *fear of cats*
Albuminurophobia, *fear of kidney disease*
Alektorophobia, *fear of chickens*
Allodoxaphobia, *fear of opinions*
Amathophobia, *fear of dust*
Amaxophobia, *fear of riding in a car*
Ambulophobia, *fear of walking or standing*
Amerophobia, *fear of the United States, American culture*
Amnesiphobia, *fear of amnesia*
Amychophobia, *fear of scratches or being scratched*
Anablephobia, *fear of looking up*
Ancraophobia, *fear of wind*
Androphobia, *fear of men*
Anemophobia, *fear of air*
Anginophobia, *fear of angina, choking or narrowness*
Anglophobia, *fear of England, English culture*
Angrophobia, *fear of anger or of becoming angry*
Ankylophobia, *fear of immobility of a joint*

Anthrophobia, *fear of flowers*
 Anthropophobia, *fear of people or society*
 Antidaeophobia, *fear that somewhere, somehow, a duck is watching you*
 Antlophobia, *fear of floods*
 Anuptaphobia, *fear of staying single*
 Apeirophobia, *fear of infinity*
 Aphenphosmophobia, *fear of being touched*
 Apiphobia, *fear of bees*
 Apotemnophobia, *fear of persons with amputations*
 Aquaphobia, *fear of water, especially the morbid fear of drowning*
 Arachibutyrophobia, *fear of peanut butter sticking to the roof of the mouth*
 Arachnophobia, *fear of spiders*
 Arcanophobia, *fear of magic*
 Arithmophobia, *fear of numbers*
 Arsonophobia, *fear of fire*
 Asthenophobia, *fear of fainting or weakness*
 Astraphobia, *fear of thunder and lightening*
 Astrophobia, *fear of stars and celestial space*
 Asymmetriphobia, *fear of asymmetry*
 Ataxiophobia, *fear of ataxia*
 Ataxophobia, *fear of disorder or untidiness*
 Atelophobia, *fear of imperfection*
 Atephobia, *fear of ruin or ruins*
 Athazagoraphobia, *fear of being forgotten, ignored or forgetting*
 Atomosophobia, *fear of atomic explosions*
 Atychiphobia, *fear of failure*
 Aulophobia, *fear of flutes*
 Aurophobia, *fear of gold*
 Australophobia, *fear of Australia, Australians, Australian culture*
 Autodysomophobia, *fear that one has a vile odor*
 Automatonophobia, *fear of any inanimate object that represents a sentient being, e.g. statues, robots and dummies*
 Autophobia, *fear of being alone or fear of oneself*
 Aviophobia, *fear of flying*

Bacillophobia, *fear of microbes*
 Bacteriophobia, *fear of bacteria*
 Ballistophobia, *fear of missiles or bullets*
 Bananaphobia, *fear of bananas*
 Barleyphobia, *fear of barley*

Barophobia, *fear of loss of gravity*
Basophobia, *fear of walking or falling*
Bathmophobia, *fear of stairs or steep slopes*
Batophobia, *fear of heights or of being close to high buildings*
Batrachophobia, *fear of amphibians*
Belonephobia, *fear of sharply pointed objects such as needles*
Bibliophobia, *fear of books*
Blennophobia, *fear of slime*
Blossophobia, *fear of speaking in public or of trying to speak*
Bogyphobia, *fear of bogies or the bogeyman*
Bolshephobia, *fear of Bolsheviks*
Botanophobia, *fear of plants*
Briophobia, *fear of the human foot*
Bromidrosiphobia, *fear of the odors*
Brontophobia, *fear of the thunder*
Bufonophobia, *fear of toads*
Buttonphobia, *fear of buttons*

Cacophobia, *fear of ugliness*
Cainophobia, *fear of newness, novelty*
Caligynephobia, *fear of beautiful women*
Cancerophobia, *fear of cancer*
Carbophobia, *fear of carbohydrates*
Cardiophobia, *fear of heart disease*
Carnophobia, *fear of meat*
Catagelophobia, *fear of being ridiculed*
Catapedaphobia, *fear of jumping from high and low places*
Cathisophobia, *fear of sitting*
Catoptrophobia, *fear of mirrors*
Cenophobia, *fear of empty rooms*
Chaetophobia, *fear of hair*
Cheimaphobia, *fear of cold*
Chelonophobia, *fear of turtles*
Chemophobia, *fear of chemicals or working with chemicals*
Cherophobia, *fear of gaiety (fear of joviality)*
Chinophobia, *fear of Chinese people, customs*
Chionophobia, *fear of snow*
Chirophobia, *fear of hands*
Chlorophobia, *fear of the color green*
Cholerophobia, *fear of anger or the fear of cholera*

Chorophobia, *fear of dancing*
 Christophobia, *fear of Christianity*
 Chrometophobia, *fear of money*
 Chromophobia, *fear of colors*
 Chronomentrophobia, *fear of clocks*
 Chronophobia, *fear of time*
 Chrysophobia, *fear of the color orange*
 Cibophobia, *fear of food*
 Claustrophobia, *fear of confined spaces*
 Cleithrophobia, *fear of being locked in an enclosed place*
 Cleptophobia, *fear of stealing*
 Climacophobia, *fear of stairs or of climbing or falling down stairs*
 Clinophobia, *fear of going to bed*
 Clithrophobia, *fear of being enclosed*
 Coimetrophobia, *fear of cemeteries*
 Coitophobia, *fear of coitus*
 Cometophobia, *fear of comets*
 Commitmentphobia, *fear of commitments*
 Coprastasophobia, *fear of constipation*
 Coprophobia, *fear of faces*
 Coulrophobia, *fear of clowns (fear of fools)*
 Cremnophobia, *fear of precipices*
 Cryophobia, *fear of extreme cold*
 Crystallophobia, *fear of crystals or glass*
 Cyanophobia, *fear of the color blue*
 Cyberphobia, *fear of computers or working on a computer*
 Cyclophobia, *fear of bicycles*
 Cymophobia, *fear of waves or wave-like motions*
 Cynophobia, *fear of dogs or rabies*
 Cypridophobia, *fear of prostitutes or venereal disease*

Decidophobia, *fear of making decisions*
 Defecaloesiophobia, *fear of painful bowel movements*
 Deipnophobia, *fear of dining or dinner conversations*
 Demonophobia, *fear of demons*
 Demophobia, *fear of crowds*
 Dendrophobia, *fear of dentists*
 Dermatophobia, *fear of skin lesions*
 Dermatosiophobia, *fear of skin disease*
 Dextrophobia, *fear of objects at the right side of the body*

Diabeophobia, *fear of diabetes*
Didaskaleinophobia, *fear of going to school*
Dikephobia, *fear of justice*
Dinophobia, *fear of dizziness or whirlpools*
Diplophobia, *fear of double vision*
Dipsophobia, *fear of drinking*
Dishabiliophobia, *fear of undressing in front of someone*
Domatophobia, *fear of houses or being in a house*
Doraphobia, *fear of fur or the skins of animals*
Doxophobia, *fear of expressing opinions or receiving praise*
Dutchphobia, *fear of the Dutch*
Dysmorphophobia, *fear of deformity*
Dystychiphobia, *fear of accidents*

Ecclesiophobia, *fear of church*
Ecophobia, *fear of home*
Eisoptrophobia, *fear of mirrors or of seeing oneself in a mirror*
Electrophobia, *fear of electricity*
Eleutherophobia, *fear of freedom*
Emetophobia, *fear of vomiting*
Enosiophobia, *fear of having committed an unpardonable sin or of criticism*
Entomophobia, *fear of insects*
Eosophobia, *fear of dawn or daylight*
Ephebiphobia, *fear of teenagers*
Epistaxiophobia, *fear of nosebleeds*
Epistemophobia, *fear of knowledge*
Epistolophobia, *fear of writing letters*
Equinophobia, *fear of horses*
Ereuthrophobia, *fear of blushing, red lights or the color red*
Ergasiophobia, *fear of work or functioning or, a surgeon's fear of operating*
Ergophobia, *fear of work*
Ermitophobia, *fear of being alone, loneliness*
Erotophobia, *fear of sexual love or sexual questions*
Euphobia, *fear of hearing good news*
Europhobia, *fear of Europe, Europeans or alternatively the European Union*
Eurotophobia, *fear of female genitalia*

Fearphobia, *fear of the word fear*
Febriphobia, *fear of fever*
Fecophobia, *fear of feces*

Ferrumphobia, *fear of iron and objects made of iron*
Francophobia, *fear of France, French culture*
Frigophobia, *fear of very cold objects*

Galeophobia, *fear of sharks*
Gamophobia, *fear of marriage*
Gatophobia, *fear of cats*
Geliophobia, *fear of laughter*
Geniophobia, *fear of chins*
Genuphobia, *fear of knees*
Gephyrdrophobia, *fear of crossing bridges*
Gerascophobia, *fear of growing old*
Germanophobia, *fear of Germany or German culture*
Geronophobia, *fear of old people or of growing old*
Geumaphobia, *fear of taste*
Globophobia, *fear of balloons*
Graphophobia, *fear of writing or handwriting*
Gymnophobia, *fear of nudity*
Gynephobia, *fear of women*

Hadeophobia, *fear of hell*
Haemophobia, *fear of blood and bleeding*
Hagelophobia, *fear of Hegel*
Hagiophobia, *fear of saints or holy things*
Hamartophobia, *fear of sinning*
Haptophobia, *fear of being touched*
Harpaxophobia, *fear of being robbed*
Hedonophobia, *fear of feeling pleasure*
Heliophobia, *fear of the sun*
Hellenologophobia, *fear of Greek terms or complex scientific terminology*
Helminthophobia, *fear of being infested with worms*
Heresyphobia, *fear of challenges to official doctrine or of radical deviation*
Herpetophobia, *fear of reptiles*
Heterophobia, *fear of the opposite sex*
Hexakosioihexekontahexaphobia, *fear of the number 666*
Hierophobia, *fear of priests or sacred things*
Hippophobia, *fear of horses*
Hippopotomonstrosesquippedaliophobia, *fear of long words*
Hobophobia, *fear of bums or beggars*
Hodophobia, *fear of road travel*

Homichlophobia, *fear of fog*
 Homilophobia, *fear of sermons*
 Homophobia, *fear of sameness, monotony, homosexuality or of becoming a homosexual*
 Hoplophobia, *fear of firearms*
 Hormephobia, *fear of shock*
 Hydrargyrophobia, *fear of mercurial medicines*
 Hydrophobia, *fear of water*
 Hydrophobophobia, *fear of rabies*
 Hyelophobia, *fear of glass*
 Hygrophobia, *fear of liquid, dampness or moisture*
 Hylephobia, *fear of materialism or the fear of epilepsy*
 Hylophobia, *fear of forests*
 Hypegiaphobia, *fear of responsibility*
 Hypnophobia, *fear of sleep or of being hypnotized*
 Hypsiphobia, *fear of height*

Iatrophobia, *fear of going to the doctor or of doctors*
 Ichthyophobia, *fear of fish*
 Iconophobia, *fear of images or icons*
 Ideophobia, *fear of ideas*
 Illyngophobia, *fear of vertigo (dizziness)*
 Insulaphobia, *fear of being isolated or alternatively fear of islands*
 Iophobia, *fear of poison*
 Islamophobia, *fear of Islam*
 Islandophobia, *fear of Iceland or Icelandic culture*
 Isopterophobia, *fear of termites or other insects that eat wood*
 Ithyphallophobia, *fear of seeing, thinking about or having an erect penis*

Japanophobia, *fear of the Japanese*
 Judeophobia, *fear or hatred of Jews*

Katikomindicaphobia, *fear of the RNI (Resident Non Indian)*
 Keraunophobia, *fear of lightening*
 Kinetophobia, *fear of movement or motion*
 Klismaphobia, *fear of Enemas*
 Kneemaphobia, *fear of the knee bending backward*
 Koinoniphobia, *fear of rooms*
 Kopophobia, *fear of fatigue*
 Kopophobia, *fear of genitals, particularly female*

Kosmikophobia, *fear of cosmic phenomena*
Kyphophobia, *fear of stooping*
Lachanophobia, *fear of vegetables*
Laliophobia, *fear of speaking*
Leporiphobia, *fear of rabbits*
Leprophobia, *fear of leprosy*
Leukophobia, *fear of the color white*
Levophobia, *fear of things to the left side of the body*
Librophobia, *fear of having to balance*
Ligyrophobia, *fear of loud noises*
Lilapsophobia, *fear of tornadoes and hurricanes*
Linonophobia, *fear of string*
Liticaphobia, *fear of lawsuits*
Lockiophobia, *fear of childbirth*
Logophobia, *fear of words*
Luiphobia, *fear of syphilis*
Lutrathobia, *fear of otters (water rats)*
Lyssophobia, *fear of rabies (mad dogs or dog madness) or of becoming insane*

Macrophobia, *fear of long waits*
Macroxenoglossophobia, *fear of long or strange words*
Mageirocophobia, *fear of cooking*
Maimouphobia, *fear of monkeys*
Malaxophobia, *fear of love play*
Maniaphobia, *fear of going insane*
Maserphobia, *fear of Singaporeans, mixed culture of Singapore*
Mastigophobia, *fear of punishment*
Mechanophobia, *fear of machines*
Medomalacuphobia, *fear of losing erection*
Medorthophobia, *fear of an erect penis*
Megalophobia, *fear of large objects*
Melanophobia, *fear of the color black*
Melophobia, *fear or hatred of music*
Meningitophobia, *fear of brain disease*
Menophobia, *fear of menstruation*
Merinthophobia, *fear of being bound or tied up*
Metallophobia, *fear of metals*
Metathesiophobia, *fear of changes*
Meteorophobia, *fear of meteors*
Methyphobia, *fear of alcohol*

Metrophobia, *fear of poetry*
Mettephobia, *fear of months*
Microphobia, *fear of small objects*
Misophobia, *fear of being contaminated with dirt or germs*
Mnemophobia, *fear of memories*
Monopathophobia, *fear of a specific disease*
Monophobia, *fear of loneliness*
Motorphobia, *fear of automobiles*
Musicophobia, *fear of music*
Musophobia, *fear of rats*
Mycophobia, *fear or aversion to mushrooms*
Myrmecophobia, *fear of ants*
Mysophobia, *fear of dirt*
Mythophobia, *fear of myths, stories of false statements*

Necrophobia, *fear of death or dead things*
Neopharmaphobia, *fear of new drugs*
Neophobia, *fear of new*
Nephoboa, *fear of clouds*
Nihilophobia, *fear of absolutely nothing*
Noctiphobia, *fear of the night*
Nomatophobia, *fear of names*
Nosocomophobia, *fear of hospitals*
Nosophobia, *fear of becoming ill*
Nostophobia, *fear of returning home*
Novercaphobia, *fear of one's stepmother*
Nucleomituphobia, *fear of nuclear weapons*
Numerophobia, *fear of numbers*
Nyctohylophobia, *fear of dark wooded areas*
Nyctophobia, *fear of the dark or night and nightfall*

Obesophobia, *fear of gaining weight*
Ochophobia, *fear of vehicles*
Octophobia, *fear of the figure 8*
Odontophobia, *fear of teeth or dental surgery*
Oenophobia, *fear of wine*
Oicophobia, *fear of houses*
Ombrophobia, *fear of rain or of being rained on*
Ommetaphobia, *fear of eyes*
Oneirogmophobia, *fear of wet dreams*

Onomatophobia, *fear of hearing certain words or names*
Ophidiophobia, *fear of snakes*
Ophthalmophobia, *fear of being stared at*
Opiophobia, *fear of prescribing pain medications for patients*
Optophobia, *fear of opening one's eyes*
Ornithophobia, *fear of birds*
Orthophobia, *fear of property*
Ortographobia, *fear of spelling mistakes*
Ostracophobia, *fear of shellfish*
Ouranophobia, *fear of heaven*

Pagophobia, *fear of ice or frost*
Panophobia, *fear of everything*
Panthophobia, *fear of suffering and disease*
Papaphobia, *fear of the Pope*
Papyrophobia, *fear of papers*
Paralipophobia, *fear of neglecting duty or responsibility*
Paraphobia, *fear of sexual perversion*
Parasitophobia, *fear of parasites*
Paraskavedekatriaphobia, *fear of Friday the 13th*
Parthenophobia, *fear of virgins or young girls*
Pathophobia, *fear of disease*
Patroiophobia, *fear of heredity*
Pediculophobia, *fear of lice*
Pediophobia, *fear of dolls*
Pediphobia, *fear of children*
Peladophobia, *fear of bald people*
Pellagrophobia, *fear of pellagra*
Peniaphobia, *fear of poverty*
Pentheraphobia, *fear of one's mother-in-law*
Phagophobia, *fear of swallowing, eating or of being eaten*
Phalacrophobia, *fear of becoming bald*
Phallophobia, *fear of a penis, especially erected one*
Pharmacophobia, *fear of drugs of taking medicine*
Phasmophobia, *fear of ghosts*
Phengophobia, *fear of daylight or sunshine*
Phiemaphobia, *fear of kissing*
Philophobia, *fear of falling in love or being in love*
Philosophobia, *fear of philosophy*
Phobophobia, *fear of phobias*

Phobophobiaphobia, *fear of fear of phobias*
 Phonophobia, *fear of noises, voices or of telephones*
 Photoaugliaphobia, *fear of glaring lights*
 Photophobia, *fear of light or aversion to light due to an inflamed and painful eye or excessively dilated pupils*
 Phronemophobia, *fear of thinking*
 Placophobia, *fear of tombstones*
 Plutophobia, *fear of wealth*
 Pneumatiphobia, *fear of spirits*
 Pnigophobia, *fear of choking or being smothered*
 Pneumomicroscopicsilicovolcanocoviosophobia, *fear of a lung disease caused by coal dust*
 Pogonophobia, *fear of beards*
 Poliosophobia, *fear of contracting poliomyelitis*
 Politicophobia, *fear or abnormal dislike of politicians*
 Polyphobia, *sustaining many phobias*
 Ponophobia, *fear of overworking or of pain*
 Porphyrophobia, *fear of the color purple*
 Potamophobia, *fear of rivers or running water*
 Proctophobia, *fear of rectum or of rectal diseases*
 Prosophobia, *fear of progress*
 Psellismophobia, *fear of stuttering (stammering)*
 Psychophobia, *fear of the mind*
 Pteronophobia, *fear of being tickled by feathers*
 Pupaphobia, *fear of puppets*
 Pyrophobia, *fear of fire*

Quadrataphobia, *fear of quadratic equations*

Radiophobia, *fear of radiation or X-rays*
 Ranidaphobia, *fear of frogs*
 Retrophobia, *fear of old things or traveling back in time*
 Retterophobia, *fear of wrongly chosen letters*
 Rhabdophobia, *fear of being severely punished or criticized and fear of magic*
 Rhinophobia, *fear of noses*
 Rhodophobia, *fear of the color red*
 Rhypophobia, *fear of defection*
 Rhytiphobia, *fear of getting wrinkles*
 Rupophobia, *fear of dirt*
 Russophobia, *fear of Russians*

Samhainophobia, *fear of Halloween (the belief that dead people come out of their graves)*
 Satanophobia, *fear of Satan*
 Scabiophobia, *fear of scabies*
 Scatophobia, *fear of feces (solid waste that leaves the body through anus)*
 Scelerophobia, *fear of bad men*
 Sciophobia, *fear of shadows*
 Scoleciphobia, *fear of worms*
 Scopophobia, *fear of being seen*
 Scotomaphobia, *fear of blindness in visual field*
 Scriptophobia, *fear of writing in public*
 Sedatephobia, *fear of silence*
 Selachophobia, *fear of sharks*
 Selaphobia, *fear of the moon*
 Seplophobia, *fear of decaying matter*
 Sesquipedalophobia, *fear of long words*
 Siderodromophobia, *fear of trains, railroads or train travel*
 Siderophobia, *fear of stars*
 Sinistrophobia, *fear of things to the left of oneself*
 Sinophobia, *fear of the Chinese*
 Sitophobia, *fear of food*
 Soceraphobia, *fear of parents-in-law*
 Sociophobia, *fear of society or people in general*
 Somniphobia, *fear of sleep*
 Sophophobia, *fear of learning*
 Soteriophobia, *fear of dependence on others*
 Spacephobia, *fear of outer space*
 Spamophobia, *fear of spam*
 Spectrophobia, *fear of mirrors*
 Spermatophobia, *fear of sperms*
 Spheksophobia, *fear of wasps*
 Staurophobia, *fear of crosses or crucifixes*
 Stenophobia, *fear of narrow things or places*
 Stephanophobia, *fear of crowns*
 Suriphobia, *fear of mice*
 Symbolophobia, *fear of symbolism*
 Symmetrophobia, *fear of symmetry (balance or regularity)*
 Syngenesophobia, *fear of relatives*
 Syphiliphobia, *fear of syphilis*

Tachophobia, *fear of speed*
 Taeniophobia, *fear of being buried alive or of cemeteries*
 Tapinophobia, *fear of being contagious (communicable)*
 Taurophobia, *fear of bulls*
 Technophobia, *fear of technology*
 Teleophobia, *fear of definite plans or of religious ceremony*
 Telephonophobia, *fear of telephones*
 Teratophobia, *fear of bearing a deformed child, of monsters or of deformed people*
 Teratrophobia, *fear of monsters*
 Terdekaphobia, *fear of the number 13*
 Testophobia, *fear of taking tests*
 Tetanophobia, *fear of tetanus or lockjaw*
 Textophobia, *fear of certain fabrics*
 Thalassophobia, *fear of the sea*
 Thanatophobia, *fear of death or dying*
 Theatrophobia, *fear of theaters*
 Theologicophobia, *fear of theology*
 Theophobia, *fear of gods or religion*
 Thermophobia, *fear of heat*
 Tocophobia, *fear of pregnancy or childbirth*
 Tomophobia, *fear of surgical operations*
 Tonsurephobia, *fear of haircuts*
 Topophobia, *fear of certain places or situations such as stage fright*
 Toxiphobia, *fear of poison or of being accidentally poisoned*
 Traumatophobia, *fear of injury*
 Tremophobia, *fear of trembling*
 Trichinophobia, *fear of trichinosis*
 Triskaidekaphobia, *fear of the number 13, having a superstition*
 Tropophobia, *fear of moving or making changes*
 Trypanophobia, *fear of injections*
 Trypophobia, *fear of holes*
 Turophobia, *fear of cheese*
 Tyrannophobia, *fear of tyrants*

Uranophobia, *fear of the heavens*
 Urophobia, *fear of urine or urinating*
 Vaccinophobia, *fear of vaccination*
 Venustraphobia, *fear of beautiful women*

Verbophobia, *fear of words*
Vestiphobia, *fear of clothing*
Virginitiphobia, *fear of rape*
Vitricophobia, *fear of one's stepfather*
Vuteuthindion, *fear of picnics*

Walloonphobia, *fear of the Walloon people or their language*
Wiccaphobia, *fear of witches and witchcraft*

Xanthophobia, *fear of the color yellow or the word yellow*
Xenoglossophobia, *fear of foreign languages*
Xenophobia, *fear of strangers or foreigners*
Xerophobia, *fear of dryness*
Xylophobia, *fear of wooden objects or fear of forests*
Xyrophobia, *fear of razors*

Zoophobia, *fear of animals or the zoo*

Tim Cuttings Phobia List

Agevaphobia, fear of thorns
Ahanphobia, fear of laughter or of been laughed at
Anzophobia, fear of debts or of borrowing
Ayaphobia, fear of old women; or of the River Aya
Baturphobia, fear of whites
Boorphobia, fear of ugly men or people
Chanphobia, fear of poverty
Guraphobia, fear of rottenness
Hanphobia, fear of nowhere
Hurorphobia, fear of a friend or friends
Jombuphobia, fear of apes or chimpanzees
Jovphobia, fear of ghosts or demons
Kechaphobia, fear of the future
Kuphobia, fear of death
Manyiphobia, fear of female genitals
Mbomphobia, fear of ugliness
Meerphobia, fear of becoming foolish or foolishness
Sendephobia, fear of suicide or been sentenced to death
Sheolphobia, fear of hell fire
Shiyolphobia, fear of sickness or defect
Tyophobia, fear of kinsfolk
Usuphobia, fear of fire
Zaiyolphobia, fear of problems

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ABOUT THE AUTHOR



Tim Cuttings, widely known as a Journalist is also a Trained Expert in Machining Technology and one of the best Bloggers in human history. He is the President and Founder of WAP (War Against Poverty) an online campaign against Poverty, Injustice and promotion of Truth, which can also be assessed on Facebook.

The Author is a Personality of Multiple Skills. He once was a Computer Education Examiner of the Junior School Certificate Examination in Benue State. Tim Cuttings Agber has worked for different establishments, few of which include: The Prime Newspaper, Frontline Newspaper, Government Girls' College Makurdi, Fiase Technologies, Dangote Group of Companies, Grandville Rest House Limited, Sipwise Water Limited, Iwuson Nigeria Limited, Hollywood Hotel Yaoundé and Benue State Adult Formal and Nonformal Education Makurdi.

Cuttings has lived in so many cities. Haven left Dangote Cement Company; he stayed in Yaoundé and Bafoussam cities of Cameroon and is currently living in Gwarinpa Estate Abuja, the Federal Capital Territory of the Republic of Nigeria. The Author has a successful family, his wife **Janet Cuttings** and his two children **Madonna** and **Shanna Cuttings**.

Few details about the Author are a guarded secret since this is not an autobiography.

ABOUT THE BOOK



FEAR – Barrier To Survival has been structured in seven chapters containing about one hundred and thirty (130) pages. With the intensification of art and the embellishment of literality, the book between the chapters captures the fear factor, anxiety disorders, fear of death, fear of being killed by somebody, the issue of survival or survival of the fittest, fear of failure, fear of dying without achieving life's goals and individual set plans, tough times, bringing thoughts into actions, wisdom quotes and phobia list.

With the illumination of prudence, the book exposes fear and how to live above it but still plows into minute traces of the relevance of fear to the significance of human living. In the revelatory framework of this book, so many issues as touching life and living are brought to limelight and cautions sagaciously outlined in the pages. The text is full of academic content that cuts across psychology, philosophy and sociology. Social motivation and inspiration is well embraced.

"Though nobody can kill your destiny, don't allow anybody to bury it alive" is one of the multiple cautions the book captures in details. Each chapter of the book opens with a heart touching statement such as chapters one, four and five, which open with the following statements respectively.

The world is living on pretence and people are helping it along but those who can change it are people who know who they are and whose lives are neither conceived by greed nor constituted by mimicry, certainly willing to pay whatever it costs to buy boldness than accept a provisional ownership of fear freely.

— **TIM CUTTINGS**

We do not find men falling down just because they expect to find someone helping them up.

— **NICCOLÒ MACHIAVELLI**

The pages of history are filled with accounts of wisdom and civilization. However, from the debris of tragedy, there always arise extraordinary acts of man's ignorance and self-indulgence. Why is it that some people are wise and others are foolish is a question that should bother mankind. Nature, for the sake of wit has been so kind to mankind that it has consoled him with the freedom of decision, but action is the one virtue that leads to it.

— **TIM CUTTINGS**

The book is first of its kind with the philosophical theory of Chameleonism that is eminent in its practicality.